Intrinsic CRSWD Decision Tree

ADAPTED FROM

END NOTES
These therapies were considered but recommendations could not be made due to lack of evidence:

1. **DSWPD**: Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, light therapy, sleep-promoting medications, wakefulness-promoting medications, other somatic interventions, combination treatments (adults)
END NOTES
These therapies were considered but recommendations could not be made due to lack of evidence:

2. **ASWPD**: Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, sleep-promoting medications, timed oral administration of melatonin or agonists, wakefulness promoting medications, other somatic interventions, combination treatments

3. **N24SWD**: Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, light therapy, sleep-promoting medications, timed oral administration of melatonin or agonists (sighted), wakefulness promoting medications, other somatic interventions, combination treatments
Irregular Sleep-Wake Rhythm Disorder

Children/Adolescents

With neurologic disorders

Timed oral administration of melatonin or agonists
WEAK FOR

Combination treatments: Light and melatonin
WEAK AGAINST

With dementia

Elderly

Light Therapy
WEAK FOR

Sleep-promoting medications
STRONG AGAINST

END NOTES
These therapies were considered but recommendations could not be made due to lack of evidence:

4 ISWRD: Prescribed sleep-wake scheduling, timed physical activity/exercise, strategic avoidance of light, wakefulness promoting medications, other somatic interventions