Clinical Practice Guideline for the Treatment of Intrinsic Circadian Rhythm Sleep-Wake Disorders: Advanced Sleep Wake Phase Disorder (ASWPD), Delayed Sleep-Wake Phase Disorder (DSWPD), Non-24-Hour Sleep-Wake Rhythm Disorder (N24SWD), and Irregular Sleep-Wake Rhythm Disorder (ISWRD). An Update for 2015

RECOMMENDATIONS FOR TREATMENT OF ASWPD

5.1.4a The TF suggests that clinicians treat adult ASWPD patients with evening light therapy [versus no treatment]. [WEAK FOR]

RECOMMENDATIONS FOR TREATMENT OF DSWPD

5.2.6.1a The TF suggests that clinicians treat DSWPD in adults with and without depression with strategically timed melatonin [versus no treatment]. [WEAK FOR]

5.2.6.2.1a The TF suggests that clinicians treat children and adolescents with DSWPD (and no comorbidities) with strategically timed melatonin [versus no treatment]. [WEAK FOR]

5.2.6.2.2a The TF suggests that clinicians treat children and adolescents with DSWPD comorbid with psychiatric conditions with strategically timed melatonin [versus no treatment]. [WEAK FOR]

5.2.9.2a The TF suggests that clinicians treat children/adolescents with DSWPD with post awakening light therapy in conjunction with behavioral treatments [versus no treatment]. [WEAK FOR]
RECOMMENDATIONS FOR TREATMENT OF N24SWD

5.3.6.1a The TF suggests that clinicians use strategically timed melatonin for the treatment of N24SWD in blind adults (versus no treatment). [WEAK FOR]

RECOMMENDATIONS FOR TREATMENT OF ISWRD

5.4.4a The TF suggests that clinicians treat ISWRD in elderly patients with dementia with light therapy (versus no treatment). [WEAK FOR]

5.4.5a The TF recommends that clinicians avoid the use of sleep-promoting medications to treat demented elderly patients with ISWRD (versus no treatment). [STRONG AGAINST]

5.4.6.1a The TF suggests that clinicians avoid the use of melatonin as a treatment for ISWRD in older people with dementia (versus no treatment). [WEAK AGAINST]

5.4.6.2a The TF suggests that clinicians use strategically timed melatonin as a treatment for ISWRD in children/adolescents with neurologic disorders (versus no treatment). [WEAK FOR]

5.4.9.1a The TF suggests that clinicians avoid the use of light therapy combined with melatonin in demented, elderly patients with ISWRD (versus no treatment). [WEAK AGAINST]

*Although no randomized controlled trials have examined sleep-promoting medications for the treatment of ISWRD, other extant literature indicates that administration of hypnotics to demented elderly patients increases risks of falls and other untoward outcomes.