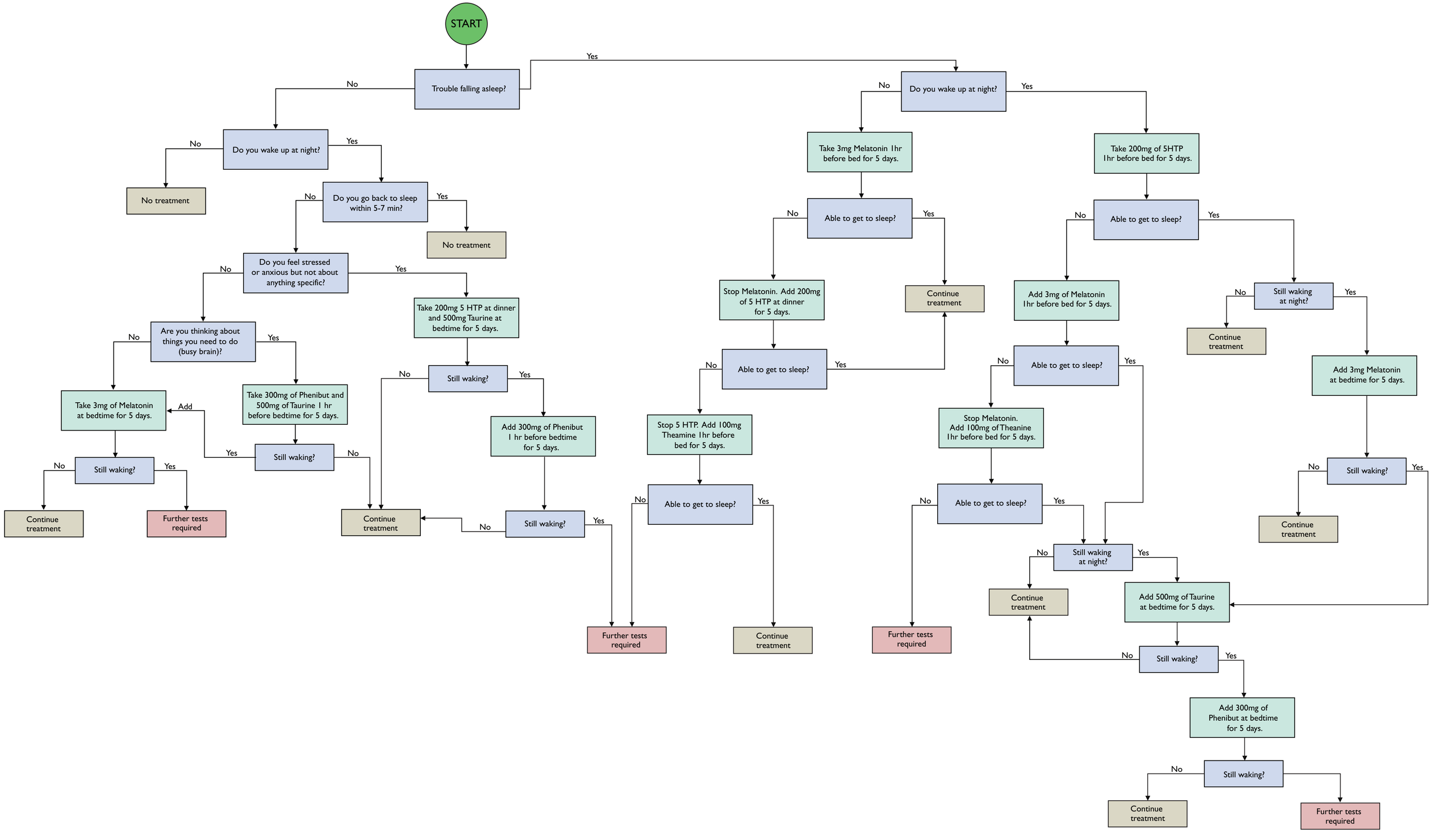
START
Trouble falling asleep?
No
Yes
Do you wake up at night?
No
Yes
No treatment
Do you go back to sleep within 5-7 min?
No
Yes
No treatment
Do you feel stressed or anxious but not about anything specific?
No
Yes
Are you thinking about things you need to do (busy brain)?
No
Yes
Take 3mg of Melatonin at bedtime for 5 days.
Add
Still waking?
No
Yes
Continue treatment
Further tests required
Take 300mg of Phenibut and 500mg of Taurine 1 hr before bedtime for 5 days.
Still waking?
Yes
No
Take 200mg 5 HTP at dinner and 500mg Taurine at bedtime for 5 days.
Still waking?
No
Yes
Continue treatment
Add 300mg of Phenibut 1 hr before bedtime for 5 days.
Still waking?
No
Yes
Further tests required
Do you wake up at night?
No
Yes
Take 3mg Melatonin 1hr before bed for 5 days.
Able to get to sleep?
No
Yes
Stop Melatonin. Add 200mg of 5 HTP at dinner for 5 days.
Continue treatment
Able to get to sleep?
No
Yes
Stop 5 HTP. Add 100mg Theamine 1hr before bed for 5 days.
Able to get to sleep?
No
Yes
Further tests required
Continue treatment
Take 200mg of 5HTP 1hr before bed for 5 days.
Able to get to sleep?
No
Yes
Add 3mg of Melatonin 1hr before bed for 5 days.
Able to get to sleep?
No
Yes
Stop Melatonin. Add 100mg of Theanine 1hr before bed for 5 days.
Able to get to sleep?
No
Yes
Further tests required
Still waking at night?
No
Yes
Continue treatment
Add 500mg of Taurine at bedtime for 5 days.
Still waking?
No
Yes
Add 300mg of Phenibut at bedtime for 5 days.
Still waking?
No
Yes
Continue treatment
Further tests required
Still waking at night?
No
Yes
Continue treatment
Add 3mg Melatonin at bedtime for 5 days.
Still waking?
No
Yes
Continue treatment