

Recognizing and Managing Shift Work Disorder, an Underdiagnosed Condition: *Improving Quality of Life*

Treatment Options for Shift Work Disorder

For Insomnia¹ – to increase sleep duration

- Sleep/wake hygiene behaviors
- Hypnotic medication
 - Benzodiazepines, other benzodiazepine receptor agonists
 - Triazolam
 - Temazepam
- Melatonin (not FDA approved)

For Awake-Time Sleepiness – to increase alertness

- Naps²
- Caffeine³
- Armodafinil⁴/Modafinil⁵ (only FDA-approved agents)

For Circadian Rhythm Misalignment^{1,6} – to increase sleep duration and alertness

- Bright light during work
- Melatonin (bedtime during the day)
- Avoid morning bright light (bedtime during the day)

References

1. Morgenthaler TI, et al. *Sleep*. 2007;30:1445-1459.
2. Smith-Coggins R, et al. *Ann Emerg Med*. 2006;48:596-604.
3. Wyatt JK, et al. *Sleep*. 2004;2(3):374-381.
4. Czeisler CA, et al. *Mayo Clin Proc*. 2009;84(11):958-972.
5. Czeisler CA, et al. *N Engl J Med*. 2005;353:476-486.
6. Smith MR, et al. *Sleep*. 2009;32:1481-1489.

