

SCENE 4-revised  
AMY  
DOCTOR – WOMAN 2

#### **SCENE 4 Amy's Dr. Visit**

*In this scene, Amy talks with her Dr. about her worsening insomnia and apprehension to start a new treatment. She describes her inability to ever get back to sleep and her recently “sleep-eating” episodes from her last prescription. The Dr. suggests a new treatment called DAYVIGO and talks through the differences with current treatments on the market. This scene is about starting a new treatment and drawing out DAYVIGO’s advantages.*

(The scene starts mid-conversation. Amy and her doctor have been talking for a few minutes already.)

#### **HOST**

Welcome. This morning we will watch two scenes unfold. A few weeks have passed since we last saw Amy. In this scene, Amy talks with her primary care physician about her worsening insomnia and inability to find a solution that works for her. Amy and her doctor discuss DAYVIGO as a possibility for her new treatment plan.

In the second scene, our patient Tina is talking with her psychologist about balancing her insomnia with her ongoing issues with anxiety and depression. Tina started taking DAYVIGO as her new treatment a few weeks ago. Amy and her doctor talk through her early observations. Thank you.

#### **DOCTOR**

*(Listening to her breathing & heartbeat with a stethoscope)* Okay, one more deep breath... great. Everything sounds terrific Amy. After our chat, I'll send you over to the lab for the routine blood work. (Beat)

**AMY**  
Can we talk about my sleeping??

#### **DOCTOR**

Oh yeah, you wanted to talk about your insomnia again. Tell me about your sleeping habits. How much has poor sleep been an issue lately?

**AMY**

Honestly, it's been a growing problem for the last few months. I maybe get 3-4 hours a sleep a night. And after a bad night's sleep, the next day is the bigger problem. I can't focus, I feel slow... its like I'm hung-over all the time and my work is starting to suffer.  
People are noticing.

**DOCTOR**

I'm sorry to hear that Amy. Don't get discouraged, we'll figure this out together. Let's take a step back. Lately, how many nights per week are you affected by insomnia?

**AMY**

It's up to 3 or 4 nights the past few weeks. Sometimes 5.

**DOCTOR**

Okay, that's got to be tough. With your family, and work, and all you have on your plate, you must be exhausted.

**AMY**

(Defeated) I am.

**DOCTOR**

All right, tell me how your insomnia affects you the next day. (*Taking notes*)

**AMY**

I just feel like I'm letting everyone down all the time. After a bad night, the next day is all lost time for me. I struggle to get my day started, and when I do, I'm late for work, I fall quickly behind, and I'm chasing myself for the rest of the day.

**DOCTOR**

I understand how difficult that can be. Anything else?

**AMY**

Sleep-eating. I've since stop taking it, but when I took my previous prescription, while I was asleep I had a few instances where I would make my way into the kitchen and start eating. My husband found me a couple times and I immediately stopped using those pills. I know you warned me that was a possibility, but I didn't think it could happen to me. I was pretty shaken up.

**DOCTOR**

Yes, that is one of the known side effects. All prescriptions have benefits and known risks.  
This is one of those known side effects

**AMY**

That was last month and I haven't taken anything since. It's scary how many of these insomnia treatments have powerful side effects. Why would anyone take some of these?? Amnesia, hallucinations, cooking and driving while asleep?? Not for me.

**DOCTOR**

Yeah, some of the side effects can be rather dangerous. I'm glad you stopped. (*Beat*)

**AMY**

It wasn't worth it to me.

**DOCTOR**

What about a different prescription? Are you open to trying something new? How would you feel about trying a different prescription?

There's a new treatment that uses a different mechanism to combat insomnia. It's called DAYVIGO and it targets your sleep-state and wake-state to help these two functions work together to promote healthy sleeping patterns. What's interesting is that DAYVIGO has data that suggests you may have no impairment in memory and postural stability when you wake up.

**AMY**

Sure, but just for a few weeks. I don't know what else to do, I'm desperate. Maybe this will do the trick. At this point, what have I got to lose?

**DOCTOR**

Great, I think this is a viable option for you. You should take it immediately before going to bed and only when you're able to get at least 7 hours of sleep. If you take it with a meal, it may take a little longer to work.

It will work differently than the other commonly prescribed sleeping pills you have been on. Since it turns down wake signals in the brain, it should help you drift off to sleep. Your experience and how you feel should be different. Be sure you try it for at least a week to see how it's working, and then schedule a follow up appointment Amy.

(*Lights fade; turntable shifts to reveal second stage*)