

SCENE 5
TINA
WOMAN 1

SCENE 5
Tina's Therapy Appointment

During this scene, Tina talks with her Psychiatrist about balancing her insomnia with her anxiety. They talk about DAYVIGO, which she started taking two weeks ago. Tina describes the positive changes she's seen in the short term and talks through her skepticism. This scene is about her new DAYVIGO treatment plan and early observations.

PSYCHOLOGIST

(Holding a bound notepad; taking notes in mid-conversation) Yes, that's great Tina. I like the way you just phrased that, "bringing about positive change." That's a great way to frame where you are with your anxiety. And, it reinforces that you are in control of bringing about those changes in your life.

TINA

Thanks. It has been a struggle for me that last few weeks, I'm not going to lie, but I'm ready to change. I'm feeling optimistic. I'll try a few of those strategies you suggested.

PSYCHOLOGIST

I know you will. Remember, that anxiety you feel, is just that, a feeling, it's not you. It only has as much power as you give it. Observe, acknowledge, and move on.

TINA

Exactly. Thanks.

PSYCHOLOGIST

(Taking her hand)(Beat) I so proud of the progress you've made. Okay, now... why don't you tell me about your insomnia? *(Referring to her notes)* I know we started a new treatment two weeks ago. We introduced DAYVIGO into your sleep routine. Cautiously...you felt like things were going all right the first week. How about now after two weeks??

TINA

I can honestly say that, so far, DAYVIGO has exceeded my expectations. As you know, I was pretty apprehensive to start a new prescription, but I'm glad we did. It isn't taking me as long to fall asleep, and when I do wake up in the middle of the night, it's not such a struggle to fall back asleep.

PSYCHOLOGIST

That's great news Tina. I'm so glad. And, like we talked, when using a pharmacological option to treat insomnia, it's all about finding the solution for you. This treatment works a little different than the other ones on the market and may not affect your next day memory or balance.

PSYCHOLOGIST

And how about exercise? You've been exercising regularly? We talked about you starting up jogging? How's that going?

TINA

That's been a little slow going. When I do jog, it has helped me clear my head. I know you suggested taking up a hobby and I do like the idea of jogging regularly, its just about finding the time to fit it in.

PSYCHOLOGIST

I understand, but don't give up on it. Regular exercise will go a long way to promoting good sleep hygiene practices. As will keeping a defined sleeping schedule. You would be surprised how just going to bed and getting up at the same time everyday can help regulate things.

TINA

Sounds good. Just getting better sleep these less few weeks has been a huge improvement for me. I feel less irritable, and emotional, and I feel like I can handle things again.

PSYCHOLOGIST

Great, what about your other medications? Are you keeping up with your anti-depression prescription too? Are you seeing any adverse reactions?

TINA

All good. It's amazing how different you feel getting a better night's sleep.

PSYCHOLOGIST

So true. Getting a restful night's sleep is connected to so many positive benefits: improved mental and physical stamina, it lowers your risk of chronic illnesses like diabetes & hypertension, and more than anything, your mind and body get the time they need to reset and recharge to keep you at your best.

TINA

I've gone without. I don't recommend it. *(They laugh)*

PSYCHOLOGIST

What about your health insurance? Has that posed any challenges?

TINA

I have insurance through my husband's employer. It was a little bumpy at first, but we worked thought it.

PSYCHOLOGIST

Bumpy, how?

TINA

At first, DAYVIGO was not in their system. It was not listed as one of their preferred insomnia treatments. Seems like they're always trying to push you onto the generics drugs.

But, I reached out to your office, and they helped me file the necessary paperwork.

PSYCHOLOGIST

Good. I'm hope that wasn't too much of an inconvenience. So, this seems like a good note to end on. Let's continue this in two weeks at our next appointment.

TINA

Sounds good, thank you.