

## **Antianxiety/Sedative Hypnotics**

### **CASE SCENARIO: #1**

J.L. is a 35 y/o white male with diagnosis of idiopathic membranous GN and is prescribed prednisone 60 mg qod as part of a treatment protocol. Since starting this regimen the patient notes “increased energy” and is unable to fall asleep for 3 to 4 hours after his usual bedtime. He walks the floor and reads until finally able to fall asleep. On days off of prednisone, the patient is exhausted upon arising and tired throughout the day, waking the following morning feeling refreshed. What is the reason for this patient’s insomnia. What are possible nonpharmacologic and pharmacologic approaches to treating this patient?