

PM	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
12				Alarm			
1							
2					2:40:00		
3							
4							
5							
6							
7							
8							
9							10 mg melatonin
10							
11	rozerem					:40 rozerem	
AM	Thurs	Fri	Sat	Sun	Mon	Tues	Wed
12			rozerem		rozerem		:20
1							
2						2:30:00	
3							
4							
5						Alarm	
6							Alarm
7	Alarm, provigil				provigil		
8				8:30:00			
9							
10			bw provigil				
11		:30 provigil					