

PRECISION SLEEP PROGRAM

Prescriber Detail Sheet

Individualized Compounded Sleep Formulations | Non-Controlled | Clinician-Directed

Key Prescribing Rationale

- Addresses multiple dimensions of insomnia (onset, maintenance, early awakening) through synergistic low-dose combinations
- Non-controlled formulations eliminate DEA scheduling concerns and streamline prescribing workflow
- Tiered dosing allows individualized therapy matched to symptom severity and patient tolerance
- Complementary mechanisms: melatonin (circadian rhythm regulation), trazodone (serotonergic sedation), and doxepin (histamine-1 antagonism)
- Optional magnesium glycinate add-on supports neuromuscular relaxation and sleep architecture
- Monthly flat-rate pricing supports adherence and eliminates unpredictable insurance-related cost barriers

CLINICAL ADVANTAGES

Non-Controlled Formulations

All tiers are non-controlled substances — no DEA registration, no Schedule IV prescribing limitations, and no prior authorizations required by scheduling status.

- No federal prescribing quotas or DEA reporting requirements
- Prescribable by any licensed practitioner (MD, DO, NP, PA) without additional DEA scheduling registration
- Suitable for patients with a history of substance use disorder for whom controlled sedatives are contraindicated
- Eliminates pharmacy refill restrictions and early refill denials common with Schedule IV benzodiazepines and Z-drugs
- No addiction liability or physical dependence concerns associated with controlled sedative-hypnotics

Pharmacological Synergy

- Melatonin: Restores circadian rhythm signaling; particularly effective for sleep-onset difficulty and shift-work or jet-lag disruption
- Trazodone (25–75 mg): Serotonin antagonist/reuptake inhibitor; promotes sleep maintenance without tolerance development at sub-antidepressant doses
- Doxepin (3–10 mg): FDA-cleared for sleep maintenance at low doses via selective H1 antagonism; minimal anticholinergic burden at program doses
- Magnesium Glycinate (add-on): Supports GABA-ergic tone, reduces nocturnal muscle tension, and may improve polysomnographic slow-wave sleep

THE MEDICINE SHOPPE

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COMPOUNDING PHARMACY

TARGET PATIENT PROFILE

- Adults with primary or secondary insomnia (onset, maintenance, or both)
- Patients who have failed or declined benzodiazepine or Z-drug therapy due to side effects, tolerance, or dependence risk
- Patients with a history of substance use disorder in whom controlled sedatives are contraindicated
- Older adults sensitive to anticholinergic or CNS-depressant effects of standard sleep agents
- Patients with comorbid anxiety or mild depression who may benefit from trazodone's serotonergic profile
- Patients seeking cost-predictable, non-insurance-dependent sleep therapy
- Clinicians seeking a non-controlled alternative to zolpidem, eszopiclone, or triazolam

DOSING & ADMINISTRATION

All formulations are dispensed as oral capsules. Dose once nightly, 30–60 minutes before intended sleep. Swallow whole with water; avoid alcohol.

Tier	Melatonin	Trazodone	Doxepin
Low Dose	1 mg	—	3 mg
Standard	2 mg	25 mg	3 mg
Standard Plus	3 mg	50 mg	6 mg
High Dose	5 mg	75 mg	10 mg

Dosing Guidance

- Initiate therapy at the lowest appropriate tier and titrate upward based on clinical response after 2–4 weeks
- Low Dose tier: Preferred for elderly patients, those with renal/hepatic impairment, or patients with mild insomnia
- Standard tier: First-line choice for most adults with combined onset and maintenance insomnia
- Standard Plus / High Dose: Consider for patients with persistent sleep maintenance insomnia or inadequate response to lower tiers
- Magnesium Glycinate add-on (800 mg): May be added to any tier; particularly beneficial in patients with restless legs, nocturnal cramps, or elevated stress
- Use caution with concomitant CNS depressants; review for serotonin syndrome risk if patient is on serotonergic agents

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PRICING

Product	Description	Monthly Price
Precision Sleep Program	Any tier (Low Dose, Standard, Standard Plus, or High Dose)	\$65.00 / month
Optional Add-On	Magnesium Glycinate 800 mg capsules	\$20.00 / month

* All prices are cash-pay. No insurance processing required. Pricing is per 30-day supply. Prices subject to change.

HOW TO ORDER

Select the appropriate tier and add-on at the time of prescribing. Three convenient ordering methods are available:

Electronic / E-Prescribe	<p>In your e-prescribing platform, select</p> <ul style="list-style-type: none">• Drug field: Type "Compound" and select as the medication type• Sig/Instructions field: Specify tier (e.g., "Precision Sleep Standard Plus") and any add-ons• Comments field: Include any clinical notes or patient-specific requests <p><i>Example Sig: "Precision Sleep Program — Standard Tier. Take 1 capsule PO QHS 30-60 min before sleep. Add magnesium glycinate 800 mg."</i></p>
Phone	<p>Call our compounding team directly: (717) 846-0500</p> <p>Please have patient name, DOB, tier selection, and add-on preference ready.</p>
Fax	<p>Fax prescription to: (717) 845-8767</p> <p>Include tier selection and add-on preference on the prescription or cover sheet. A compounding pharmacist will contact the office if any clarification is needed.</p>

CLINICAL NOTES & DISCLAIMERS

These compounded formulations are prepared pursuant to a valid prescription for an individual patient. All components are FDA-approved drugs compounded in non-FDA-approved combinations. Trazodone and doxepin carry black-box warnings in higher antidepressant doses; at the sub-therapeutic doses used in this program, the risk profile differs. Clinicians are encouraged to assess for drug interactions, particularly with MAOIs, other serotonergic agents, and CNS depressants. Compounded products are not interchangeable with commercially manufactured dosage forms. For clinical questions, contact The Medicine Shoppe compounding pharmacist at (717) 846-0500.