



INSOMNIA

What's Working

- 2 mg nightly of Klonopin
- 4 mg of Xanax but this wasn't sustainable

What Hasn't Worked

- 10 mg of Ambien twice nightly
- Belsomra
- Amitriptyline
- Up to 2 mg of Xanax
- Lexapro

Supplements That Haven't Worked

- Melatonin
- Over the counter sleep aids
- Anything with natural makeup to it

Essential Oils That Haven't Worked

- Lavendar oil