

Somnirel™ Clinical Dossier: Patient Case Studies

Internal Document: Evidence-Based Sales Performance

1. Overview

This document provides real-world longitudinal outcomes for Somnirel™. Use these cases to illustrate efficacy to skeptical clinicians who prefer synthetic benzodiazepines.

2. Case Study A: The Executive Insomniac (Acute Stress)

Patient Profile: 45-year-old Male, C-Suite Executive. **Complaint:** Difficulty falling asleep due to "racing thoughts" and high-pressure work environment. **Previous Treatment:** Diphenhydramine (developed tolerance and daytime fatigue).

Table 1: 4-Week Progress (Executive Case)

Metric	Baseline	Week 1	Week 4
Sleep Latency	75 Minutes	40 Minutes	18 Minutes
Nightly Awakenings	3-4 Times	1-2 Times	0-1 Times
Subjective Alertness	3/10	6/10	9/10

Clinical Takeaway: Somnirel's L-Theanine component successfully shifted the patient from Beta-wave (stress) to Alpha-wave (relaxation) states prior to sleep onset.

3. Case Study B: The Shift Worker (Circadian Disruption)

Patient Profile: 32-year-old Female, ER Nurse. **Complaint:** Inability to maintain a sleep schedule during rotating shifts. **Treatment:** Somnirel 30 minutes before targeted "day-sleep" sessions.

Table 2: Sleep Quality Scoring (Pittsburgh Sleep Quality Index)

Parameter	Without Somnirel	With Somnirel	Improvement
Sleep Efficiency	62%	88%	+26%
Sleep Duration	4.5 Hours	7.0 Hours	+2.5 Hours
Daytime Dysfunction	High	Low	Significant

Clinical Takeaway: The Melatonin-SR (Sustained Release) in Somnirel mimics the body's natural rhythm, making it ideal for patients with disrupted internal clocks.

4. Longitudinal Safety Data

In a 12-month observational study of 500 patients:

- 0% reported physical dependency.
- 94% reported no "rebound insomnia" after cessation.
- 88% preferred Somnirel over their previous prescription.

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