

# **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	<b>18 Minutes</b>
Nightly Awakenings	3-4 Times	1-2 Times	<b>0-1 Times</b>
Subjective Alertness	3/10	6/10	<b>9/10</b>

**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)**

<b>Parameter</b>	<b>Without Somnirel</b>	<b>With Somnirel</b>	<b>Improvement</b>
<i>Sleep Efficiency</i>	62%	88%	+26%
<i>Sleep Duration</i>	4.5 Hours	7.0 Hours	+2.5 Hours
<i>Daytime Dysfunction</i>	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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