

20/10/2023

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Dear Svitlana,

Name - Mr. Romen Savesk
DOB - 06/01/1987
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Bonython, ACT, 2905, AU
Phone - 0409460373
Medicare no. - 2646643926 1

Many thanks for sending Roman for review of sleeping difficulties.

There is a clear history of vaccine related impairment, dating back to the first COVID vaccine taken in September 2021. Subsequently a variety of somatic effects resulted including cardiac impairment and imaging demonstrated pericarditis. Roman describes being cognitively impaired and has slurred speech. He has managed to continue working although with great difficulty.

Sleep has become poorly refreshing, and Roman tells me that his sleep pattern has also been very disturbed. A variety of techniques are being used to assist sleep onset including the use of white noise and both prescription and nonprescription hypnotic agents. A trial of modafinil was recently undertaken to assist in daytime wellbeing, however this was not well tolerated and has been ceased. Cannabis derivatives have been used for chronic pain and have also changed the nature of sleep. Melatonin is being taken. Diazepam induced sleep paralysis several years ago.

The current sleep habit involves a time into bed between 10 PM and perhaps midnight, and the sleep onset latency can be several hours. Sleep is generally then consolidated through to 6 or 7 in the morning when spontaneous waking occurs.

IN ASSESSMENT: the history is of a diverse range of symptoms which followed mRNA vaccination in 2021. A part of this process involves a disturbance to sleep pattern, and I suggested that we undertake a program of cognitive behavioural therapy for insomnia, and in particular sleep restriction techniques.

We have decided to be quite gentle with the sleep restriction window, limiting it to 7 hours between 12 midnight and 7 AM. Roman will keep sleep diaries over the next few weeks, and I will look forward to reviewing progress and advising further.

Hopefully we can have him sleeping more solidly, and on a regular pattern, as this should be a foundation for recovery from other symptoms.

With kind regards



Accredited for compliance with ASA
Standard for Sleep Disorders Services

A handwritten signature in black ink, reading "Stuart Miller". The signature is written in a cursive style with a small underline under the 'i' in Miller.

Dr STUART MILLER MBBS FRACP DA (UK)

Sleep Medicine Physician

Provider No: 026992CA