

**Medication: Modafinil 100 mg**

**For:**

- Mental alertness and brain fog

**Watch for:**

- False sense of increased energy leading to increased activity beyond your energy envelope
  - More post-exertional malaise
  - “Crash and Burn”
- Increased anxiety
- Insomnia
- Increased heart rate or palpitations
- Increased blood pressure
- Dizziness
- Headaches

**Benefit:**

- You will notice a benefit within the first couple of days if it is going to work for you

**Stopping:**

- No need to taper off when discontinuing

**Dosing Schedule:**

- Start with 50 – 100 mg daily (1/2 to 1 tablet)
- Take in the morning
  - The later in that day that you take it, the more likely it is to cause insomnia
- Can be used regularly or as needed
- The dose can be increased as needed by 50 mg (1/2 tablet) increments
- Maximum 200 mg daily

**Over the counter and herbal interactions:**

- St John's Wort
- Avoid alcohol at same time