CLAIMS

What is claimed is:

1. A method of treating an individual experiencing a sleep-wake-cycle-disrupting advance in the individual's established bedtime of up to eight hours comprising administering to the individual 20 mg of tasimelteon per day, administered in an immediate release form for at least three consecutive days up to one hour prior to bedtime, with the first dose administered prior to the first bedtime following the sleep-wake-cycle-disrupting advance,

wherein the sleep-wake-cycle-disrupting advance occurs upon arrival, following an eastbound jet aircraft flight, in which clock time is advanced at the destination of up to eight hours relative to the clock time at the origin of the flight, and

wherein the individual is known, from the individual's medical history of a prior sleep-wake-cycle disrupting advance, to be in need of therapy to reduce one or more untoward consequences of a subsequent disruption of said individual's established sleep-wake cycle.