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 comprising administering to the individual an amount of tasimelteon effective to reduce one or more untoward consequences of the resulting disruption of said individual's established sleep-wake cycle.~~

~~2. The method of claim 1, wherein the advance in the individual's established bedtime is eight hours and caused by eastward jet aircraft travel.~~

~~3. The method of claim 2, wherein the amount of tasimelteon administered is 20 mg per day, administered for at least three consecutive days prior to bedtime, in an immediate release form, with the first dose administered prior to the first bedtime following the sleep-wake-cycle disrupting advance.~~

~~4. The method of claim 3, wherein the reduction of untoward consequences is an improvement in at least one sleep parameter selected from a group consisting of: total sleep time, latency to persistent sleep, and wake after sleep onset.~~

~~5. The method of claim 4, wherein the improved sleep parameter is total sleep time.~~

~~6. The method of claim 5, wherein total sleep time is improved in the first two-thirds of the night on the third night following tasimelteon administration.~~

~~7. The method of claim 3, wherein the reduction of untoward consequences is an improvement in next day alertness.~~

~~8. The method of claim 7, wherein the improvement in next day alertness includes an improvement on the Karolinska Sleepiness Scale, an improvement on the Visual Analog Scale, or both.~~

~~9. The method of claim 2, wherein the advance in the individual's established bedtime is six to eight hours and the amount of tasimelteon administered is 20 mg per day, administered in an immediate release form for three consecutive days prior to bedtime, with the first dose administered prior to the first bedtime following the sleep-wake-cycle disruption.~~

~~10. 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.~~

~~11. The method of claim 10, wherein the individual experiences a sleep-wake-cycle disrupting advance is a result of eastbound jet aircraft travel.~~

~~12. The method of claim 11, wherein the individual experiences a significantly improved total sleep time during the first two-thirds of the night, during the night following the administration of the third dose of tasimelteon, in both subjective and objective measures of sleep.~~

~~13. The method of claim 10, 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.~~

~~14. The method of claim 13, wherein the individual is known to experience untoward consequences of a disruption of said individual's established sleep-wake cycle from eastbound jet aircraft travel.~~

~~15. The method of claim 10, 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.~~

~~16. The method of claim 15, 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.~~ 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.

~~17. The method of claim 16, wherein the individual is administered 20 mg of tasimelteon per day, administered in an immediate release form for 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.~~

~~18. The method of claim 15, wherein the individual is administered 20 mg of tasimelteon per day, administered in an immediate release form for 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.~~

~~19. The method of claim 11, wherein the individual experiences an increase in total REM sleep, a reduction in the time to accumulation of 30 minutes of REM sleep, or both.~~

~~20. A method of treating jet lag in an individual subjected to eastward travel from a place of origin through six to eight time zones to a place of destination during overnight travel by air, said method comprising orally administering to the individual 20 mg tasimelteon in an immediate release form following arrival at the place of destination at or prior to the individual's bedtime in the place of destination.~~

~~21. The method of claim 20, wherein prior to the individual's bedtime in the place of destination means between 30 minutes and two hours prior to said individual's bedtime corresponding to the clock time of the individual's regular bedtime at his place of origin.~~

~~22. The method of claim 20, wherein prior to the individual's bedtime in the place of destination means within one and one-half hours of such bedtime.~~

~~23. The method of claim 20 wherein prior to the individual's bedtime in the place of destination means within one hour of such bedtime.~~

~~24. The method of claim 20, wherein prior to the individual's bedtime in the place of destination means within one-half hour of such bedtime.~~

~~25. The method of claim 20, wherein the individual is an individual who is pre-selected based on having suffered jet lag disorder as a result of previous similar travel experience.~~

~~26. The method of claim 20, wherein the individual is administered tasimelteon once daily for at least three days.~~

~~27. The method of claim 20, wherein the individual is subjected to eastward travel through eight time zones.~~

~~28. 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, in an immediate release form, administered 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.~~

~~29. A method of reducing an untoward consequence of an advance of up to eight hours in an individual's established bedtime, the method comprising administering to the individual 20 mg of tasimelteon, in an immediate release form, prior to the individual's advanced bedtime, for at least three consecutive days, with the first dose administered prior to the first advanced bedtime.~~

~~30. A pre-packaged dispensing unit comprising:~~

~~(a) a number of individual tasimelteon unit doses each containing 20 mg of immediate release tasimelteon sufficient to provide a course of treatment for an individual to be treated for a jet lag disorder; and~~

~~(b) a pharmaceutically acceptable container for said unit doses.~~

~~31. A dispensing unit of claim 30 in which the number of unit doses therein is 3, 4, or 5 and the container therefor is a blister pack containing one 20 mg tasimelteon tablet per blister.~~