

73B:0960r

April 24, 1973

Alan Giles, M.B.  
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Oss, Holland

Dear Alan,

I have the two tapes and have put them aside until we can record data for you.

Dr. Lange's problem with subjects becoming so sleepy with the low doses of diazepam is most interesting. In our hands, doses up to 10 mg have been well tolerated and only rarely have we had subjects descend into stage 3-4 sleep, to be undisturbed by the buzzer. Usually we have allowed these periods to continue to the end of the fifth minute, when the subject is alerted by verbal cues, with the request to open his eyes for 40 seconds. If this is unsuccessful, we have allowed another period (up to 5 minutes, but this has occurred only once) when verbal questions are again tried-- if unsuccessful, the experiment was terminated and the session repeated a week later. My staff can recall only a few such occasions-- with diazepam 10 mg; doxepingHCl, 25 mg; and 20 mg imipramine.

Should it prove that his subjects are more sensitive than ours, we should investigate the phenomenon further. (What is the ambient temperature of the room? How active is the air circulation during these experiments-- could the room be considered 'stuffy', encouraging sleep?)

I have already cabled my willingness to use 10 mg amitriptyline-- we have already carried out some pilot studies without difficulty.

When are you coming to the U.S.? My own trip is as yet unscheduled. Don Shapiro is leaving this week-end for a meeting in Switzerland, and when we reached Jim Porzak, he indicated he would meet Don there. I am awaiting approval from NIMH for our Greek extension before scheduling a return visit. Will write as soon as I know.

My best regards.

Sincerely yours,

Max Fink, M.D.