NHS
South Yorkshire
Integrated Care Board

Daridorexant (Quviviq®▼)
Patient information leaflet (South Yorkshire)

1. What is daridorexant (Quviviq®▼) and why do I need it?

Daridorexant is a new medication used to treat long term difficulties in falling or staying asleep, often referred to as chronic insomnia. It works directly on brain chemicals to reduce how awake you are.

You might be prescribed this medicine if you have been struggling to sleep for more than 3 months, or you have tried other medication, behavioural therapies, or sleep hygiene methods and these did not work, or your practitioner thinks that you would benefit from this medicine.

2. How and for how long should I take daridorexant (Quviviq®▼)?

The usual dose is 50mg (one tablet) at night, 30 minutes before bedtime.
It can be taken with or without food, but if you take the tablet after a large meal, it might take the medicine longer to work. It is also best not to have food right before going to bed.

It is recommended that this drug be taken for no longer than **12 months**, you may need it for much less than this, during this time you should be able to get into a habit of going to sleep, and your body will get used to your daily routine.

3. Will I need to see my doctor while I am on daridorexant (Quviviq®▼)?

Yes. Because this is a new medicine, you will need to be seen more frequently to make sure that you are not experiencing any side effects, and the medicine is working as intended.

You will be asked to keep a sleep diary, to track if you are getting any benefit from daridorexant.
Your clinician will review your treatment to ensure it remains safe and effective.

4. What to do if I have missed a dose?

If you have missed the dose for the night, do not worry, just write it down in your diary.
Do not take the tablet later than usual, because it can make you feel drowsy in the morning.
Just take your regular dose the next night before you go to bed. Missing one dose of this medication will not cause problems.

5. Are there any risks or side effects?

The most common side effects of daridorexant are headaches, feeling very sleepy or dizzy in the morning, and sometimes feeling sick. Less common side effects are feeling hard to move before falling asleep or in the morning, hallucinations, and sometimes having suicidal thoughts.
If you experience any of these side effects or anything that is unusual since starting the medicine, you should tell your doctor or pharmacist as soon as possible. If any of these symptoms worry you, please contact them urgently.

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6. Can I take other medicines while on Daridorexant?

This is a new medicine, and before taking it you should discuss potential interactions of your regular medicines with a doctor, nurse, or a pharmacist. Read patient information leaflet provided with the medicine and make sure your healthcare professionals know about any over counter or herbal medicines, or supplements that you are taking. You should not take any additional medicines or remedies for sleep, while you take daridorexant.

7. How can I stop the medicine safely?

It is shown that most people who want to stop this medication can do so without needing to do it slowly. In other words, you can just stop taking it. It is important to note that all of us are different and we can react to changes in personal ways. It is important to discuss this with your doctor and acknowledge your personal situation. If you feel you would like to stop this medication slowly, it is also an option.

8. Are there any other ways I can improve my sleep?

There are many ways to improve sleep which can help the medicine to work and then provide you with lifelong lifestyle changes to continue better sleep when the medicine is stopped.

Use a sleep diary.
Using a sleep diary allows you to reflect on how habits you are changing are affecting your sleep and what other things you can do to improve it. There are many ways you can record your sleep, for example apps or notebooks. Discuss this with a healthcare professional as to which option would suit you best. Click here for Sleep Diary information.

Sleep Hygiene.
It is important that you understand your own habits and routine before bed to help your sleep. While it might seem obvious, distractions such as using your phone in bed, loud surroundings, bright lights, drinking coffee and alcohol, or eating food can really change how you sleep. Click here for The NHS website that provides excellent advice on how to fall asleep better and faster.

Cognitive Behavioural Therapy for insomnia (CBTi) is a way of allowing you to understand your thoughts, feelings, and behaviours that prevent you from sleeping well. It is not currently widely available under the NHS in South Yorkshire, but if you have access to CBTi, it will benefit your sleep journey.

9. Where can I find more useful information?

Click the following links for NHS advice on better sleep to support sleep habits, The Sleep Charity website for information about sleep difficulties. If you are interested reading more about the drug itself or what the NICE national authority thinks about it, press on the links.

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