

Zzzzzz the night



Buzzzzzz the day



This leaflet is intended for patients who have been prescribed QUVIVIQ™ ▼ (daridorexant) by their doctor. QUVIVIQ™ is for adults who have chronic insomnia. Important information about reporting side effects can be found at the end of this leaflet. This leaflet has been produced by Idorsia Pharmaceuticals UK Ltd.

Insomnia is more than just trouble sleeping



Trouble
falling
asleep



Difficulty
remaining
asleep



Waking too
early in the
morning



Feeling tired
and irritable
during the day

Insomnia symptoms occurring at least **3 times a week** for at least **3 months** is known as **chronic insomnia**.

Chronic insomnia is not your fault

Science suggests that there are biological reasons for chronic insomnia. One of the possible causes is an **overactive brain** at night.

- When you have an overactive brain you may find it hard to go to sleep and stay asleep until morning
- Your sleep may be of poor quality and you may be tired and unable to function the next day

**Chronic insomnia is a
recognised medical condition
that can be managed.**

Zzzzzz the night. Buzzzzz the day

How QUVIVIQ™ works

QUVIVIQ™ works differently to other sleep medicines you may have taken, such as sedatives or hypnotics.

QUVIVIQ™ contains the active ingredient daridorexant.

Daridorexant targets one of the key possible causes of insomnia, the **overactive brain**.

It reduces overactive wake signals, allowing the brain to go into sleep mode.

In research studies, QUVIVIQ™ was proven to help people **fall asleep faster, stay asleep longer** and **improve daytime functioning** compared with no medicine.

Patients taking QUVIVIQ™ every night for 12 months in these studies showed **no signs of withdrawal** after stopping treatment.

Because QUVIVIQ™ works differently to other sleep medicines, you may not feel the effects straight away. **It is important to keep taking QUVIVIQ™ every night**, as you can expect improvements in your sleep and in your days to increase over time.

Once a night, every night

The recommended dose of QUVIVIQ™ for adults with chronic insomnia is one 50 mg tablet within 30 minutes before going to bed every night.



If you have liver problems or are taking certain other medicines, your doctor may prescribe you a lower dose of one 25 mg tablet of QUVIVIQ™ once a night, every night.



Take QUVIVIQ™ in the evening within 30 minutes before going to bed



You can take QUVIVIQ™ with or without food, but it may take longer to work if you take it with or right after a large meal



Avoid drinking alcohol with QUVIVIQ™ as it can cause problems with balance and coordination



Avoid grapefruit or grapefruit juice in the evening as they may increase the level of QUVIVIQ™ in your blood

If you forget to take your QUVIVIQ™ tablet at bedtime, **do not take it later during the night**, otherwise you may feel sleepy in the morning. **Do not take a double dose** to make up for a forgotten tablet. If you have any questions about how to take QUVIVIQ™, talk to your doctor or pharmacist.

Remember every night

For QUVIVIQ™ to work, you must take one tablet every night. To make it easier to remember, link it to one of your bedtime activities. Try taking it when you:



Turn off
the TV



Let the
dog out



Run a
warm bath



Prepare a
sleep tea



Get ready
for bed



Brush
your teeth

My nightly QUVIVIQ™ reminder is when I _____

Sleep hygiene matters

Getting good sleep takes more than medicine. Sleep hygiene means having the right sleep environment for you and a sensible sleep routine too. Select or scan the QR code to learn more about sleep hygiene on the NHS website.



This is an NHS website



Possible side effects you may experience with QUVIVIQ™

Like all medicines, QUVIVIQ™ can cause side effects, although not everybody gets them. The most common side effects include headache, excessive sleepiness, dizziness, tiredness, or feeling sick (nausea). You can find a full list of possible side effects in the QUVIVIQ™ package leaflet found inside your box of tablets.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store for how to report side effects. By reporting side effects, you can help provide more information on the safety of this medicine.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in Google Play or Apple App Store for how to report side effects.