

# Getting the most out of QUVIVIQ™ ▼ (daridorexant)

A guide to your chronic  
insomnia treatment



This document is intended for patients who have been prescribed QUVIVIQ™ by their doctor. QUVIVIQ™ is used to treat insomnia in adults. This information does not replace the Patient Information Leaflet (PIL) that accompanies your medicine. Please read the PIL carefully.

Important information about reporting side effects can be found at the end of this document.

This document has been produced by Idorsia Pharmaceuticals UK Ltd, the manufacturers of this medicine.

# 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

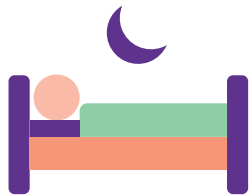
Science suggests that there are biological reasons for chronic insomnia. One of the possible causes is an **overactive brain** at night.

- 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.

# How QUVIVIQ™ works

- QUVIVIQ™ works differently to other sleep medicines you may have taken, such as sedatives or traditional hypnotics
- QUVIVIQ™ contains the active ingredient daridorexant
- Daridorexant targets one of the key possible causes of chronic insomnia, the **overactive brain**
- QUVIVIQ™ 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 from other sleep medicines, **you may not feel the effects straight away.**

You can expect **improvements in your sleep and in your days to increase over time**, so it's **important you keep taking QUVIVIQ™ per night for the duration prescribed.**

# Once a night, per night

The recommended dose of QUVIVIQ™ for adults with chronic insomnia is one 50 mg tablet per night for the duration prescribed, although your doctor will advise you on the dose of QUVIVIQ™ to take.

If you have liver problems or take certain other medicines, your doctor may prescribe you a lower dose of one 25 mg tablet of QUVIVIQ™ per 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



Leave ~9 hours between taking QUVIVIQ™ and driving or operating machinery, and only do so when you are fully alert



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.

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

# Remembering to take QUVIVIQ™

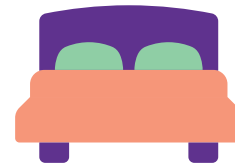
The recommended dose is **one tablet of QUVIVIQ™ per night**, taken within 30 minutes before going to bed. To make it easier to remember, link it to one of your bedtime activities. Try taking it when you:



Turn off the TV



Prepare a sleep tea



Get ready for bed



Brush your teeth

## 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.

Scan or click the QR code to learn more about sleep hygiene on the NHS website.

This is  
an NHS  
website.



Click here

## 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 <https://yellowcard.mhra.gov.uk> 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 <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in Google Play or Apple App Store for how to report side effects.