

# Daridorexant (say: Darry-door-wrecks-ant)

## What is daridorexant used for?

- Daridorexant (also called Quviviq®) is used to help treat insomnia (i.e. problems getting to sleep and staying asleep), where this has been a major problem for at least 3 months
- It is called a DORA (Dual Orexin Receptor Antagonist) and is **not** a benzodiazepine
- It is made as tablets.

- Orexin (also called hypocretin) is a chemical messenger in the brain
- Its job in the brain is to keep it (and us) awake
- Daridorexant blocks the effects of orexin
- It makes us feel sleepy because it blocks the effects of alerting orexin.

See our handy fact sheet on 'Sleep Hygiene' for some practical tips and information on sleeping.

## What is the usual dose of daridorexant?

- The usual dose of daridorexant is usually 50mg every night (**not** as a 'when needed' dose)
- Some people may only need 25mg at night.

## How should I take daridorexant?

- Swallow the tablet with at least half a glass of water whilst sitting or standing so it does not get stuck in your throat.

## When should I take daridorexant?

- Take your daridorexant at bedtime, within about 30 minutes of going to bed
- It can be taken with or after food, but it works quicker without food
- If you take it more than 30 minutes before going to bed you are at risk of accidents before you get there
- Take it at least **9 hours** before you plan to wake up.

## What are the alternatives to daridorexant?

- There are other medicines (e.g. benzodiazepines), talking therapies and treatments for insomnia, and the causes of insomnia.

- ☞ See our "Handy chart" for insomnia to help you compare the medicines available
- ☞ This will help you talk to your prescriber, nurse, pharmacist or other health professional.

## How long will daridorexant take to work?

- A dose starts working within 30 minutes and its peak affect after about 1-2 hours
- It will take an hour or so longer to work if you take it with or soon after a meal.

## How long will I need to keep taking it for?

- The clinical trials show that it still works after 3 months treatment and seems to be safe to take for up to at least a year
- How long you take it will depend on your history and how well you are doing
- It should be reviewed by your prescriber at least every 3 months
- It will, of course, also stop working when you stop taking it.

## Is daridorexant addictive and can I stop taking it suddenly?

- Daridorexant is not addictive
- If you have taken daridorexant regularly every night you should have no problem stopping it
- Try to choose a time when your stress levels will be lower
- Discuss this with your prescriber, nurse, pharmacist or other health professional.

See our handy fact sheet on 'Coming off medicines'

## What should I do if I forget to take a dose of daridorexant?

- This is not really a problem if you can get to sleep
- You can take a dose if you are still awake but there must be at least 9 hours before you drive or operate machines. It can may affect your alertness and reactions for the 9 hours of a dose.

If you need to take this every day and you have problems remembering your doses (as many people do) ask to see our Handy Fact Sheet "Remembering to take your medicines".

## Can I drink alcohol while I am taking daridorexant?

- If you drink alcohol while taking daridorexant it may make you feel more sleepy
- This is important if you need to drive or operate machines and you must seek advice on this.

### Will daridorexant affect my other medication?

The main interactions with daridorexant include:

- Daridorexant can cause sleepiness (a bit obvious, as that's the reason people take it) and so you must be careful if taking it with alcohol or another medicine that also causes sleepiness e.g. benzodiazepines (e.g. diazepam, lorazepam, temazepam), some antidepressants etc
- Daridorexant may need a higher dose if you are taking e.g. ketoconazole or some HIV medicines
- Carbamazepine and rifampicin (for TB) can reduce the effect of daridorexant.

You **must** see the Patient Information Leaflet (PIL) leaflet for the full list of interactions. Some of these medicines can still be used together but you must follow your prescriber's instructions carefully.

### Will I need any blood or other tests if I am taking daridorexant?

- You should not need any blood tests.

### Can I drive or cycle while I am taking daridorexant?

- Daridorexant may affect your ability to drive
- Do **not** drive within **9 hours** of a dose, do not take it with alcohol or other CNS depressants and not to drive or work at heights if you are still sleepy with daridorexant
- Make sure you know how daridorexant affects you as you may not be able to drive as well even if you feel fully awake.

### What sort of side-effects might I get if I am taking daridorexant?

This table shows the few side effects you might get from daridorexant and any you might need to take action on. You **must** also see the maker's Patient Information Leaflet for the full list of possible side effects. Some people get no side effects at all. If you think you might have a side effect to this medicine, you should ask your prescriber, pharmacist or health professional.

Side effect	What happens	What to do about it
<b>LESS COMMON</b> ( <i>fewer than about 1 in 10 people might get these</i> )		
Headache	An aching or throbbing head, tension headache, migraine, discomfort.	Tell your prescriber. Paracetamol should help it.
Dizziness	Feeling unsteady when you stand up.	Your dose may be too high. Talk to your prescriber about this.
Somnolence and fatigue	You feel tired, sleepy or sluggish. It can last for a few hours after taking your dose, or longer.	Do not drive or use machines. It probably means you should have a lower dose or try a different hypnotic.
Nausea	Feeling and/or being sick	Try taking it with food. This should usually wear off. It happens less with the 25mg dose.

**The small print:** This leaflet is to help you understand more about daridorexant. You **must** also read the manufacturer's Patient Information Leaflet (PIL). You may find more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else.

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