

# Lemborexant (Dayvigo)

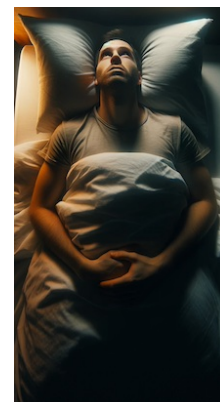


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**Summary:** Lemborexant (brand name Dayvigo), is a prescription medication used for the treatment of insomnia. It can help people fall asleep more easily and stay asleep longer. It works by blocking orexin, a neurotransmitter that keeps people awake.

## Overview

Lemborexant (brand name Dayvigo), is a prescription medication used for the treatment of insomnia. It works by blocking orexin, a neurotransmitter that keeps people awake.

## What is Lemborexant?

Lemborexant is a prescription medication used for the treatment of insomnia characterized by difficulties with sleep onset and/or sleep maintenance.

Insomnia is a common sleep problem where people have troubles with their sleep. They may have troubles falling asleep, staying asleep, or waking up too early and can't get back to sleep.

Do you have troubles falling asleep or staying asleep, despite trying other strategies (such as ensuring a good sleep hygiene, etc.)?

If so, then lemborexant might possibly be helpful.

Studies show that lemborexant can help people with falling asleep faster, and staying asleep longer.

## How Does It Work?

Lemborexant works by blocking the action of orexin, a neurotransmitter in the brain that plays a role in keeping people awake. By blocking wakefulness, lemborexant allows you to fall asleep and stay asleep.

## How is Lemborexant Taken?

Lemborexant is usually taken once per night, immediately before bedtime, or when you are having troubles falling asleep. It should be taken the same time every night.

It can be taken with or without food.

## What are the Side Effects?

Side effects, which are common to other sleep medications, include:

- Headache
- Dizziness
- Unusual dreams.
- Daytime drowsiness the next day. You may still feel drowsy the next day after taking this medication.

Are you feeling drowsy the next day after taking this medication?

- Do not drive, operate heavy machinery, do anything dangerous, or other activities until you are feeling fully awake.

Are you having side effects?

- In many cases, side effects will improve over time.

Are there side effects that are troublesome or not going away?

- Let your healthcare provider know.

## How Long Can It Be Used For?

On the one hand, most sleep medications should only be used in the short-run (e.g. few weeks or months at most).

However, In the prescribing information, lemborexant is not mentioned as either short-term or long-term, unlike other sleep medications, where they are generally recommended for short-term treatment only.

Instead, the duration of treatment is determined on a case-by-case basis by a healthcare provider, based on the patient's response to the medication, the severity of symptoms, and the presence of any side effects.

In clinical trials, lemborexant did not lead to signs or symptoms of withdrawal after discontinuation, suggesting that it does not produce physical dependence in those taking it.

This might suggest that it is less likely to create dependency than other sleep medications (e.g. benzodiazepines).

## What Should I Do While Using this Medication?

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

**Do not take lemborexant with other medicines that can make you sleepy unless your healthcare provider tells you to.**

Let your doctor know about your sleep patterns – hopefully the medication helps.

How is my sleep since starting this medication?

Let your doctor know about any side effects.

Any side effects?

Do not allow anyone else to use your medication.

Keep all appointments with your doctor.

## What If I Forget to Take a Dose of Lemborexant?

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If you take lemborexant regularly and you forget to take it, skip the missed dose and take your next dose at its regularly scheduled time the next day. Do NOT double your next dose.

## For More Information

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Patient information from the manufacturer

<https://www.dayvigo.com/-/media/Files/DAYVIGO/PDF/DAYVIGO-Patient-Brochure.pdf>

## How Do I Store Lemborexant?

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Keep this medication in the original container, stored at room temperature away from moisture, heat and light (e.g., not in the bathroom).

Keep this medication out of reach and sight of children and youth.

## About this Article

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Written by the healthcare providers at eMentalHealth.ca, along with partners at CHEO, the Royal Ottawa Mental Health Centre and the University of Ottawa.

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