

Daridorexant (Quviviq): Important Patient Information

What is Daridorexant?

Daridorexant is a prescription medication used to treat insomnia by helping you fall asleep and stay asleep longer. It works by blocking orexin receptors in the brain, which are involved in wakefulness.

Special Precautions Before Taking Daridorexant

Before taking daridorexant, inform your healthcare provider if you:

- Are allergic to daridorexant or any of its ingredients.
- Are taking or planning to take other prescription or nonprescription medications, vitamins, or supplements.
- Are using herbal products, particularly **St. John's Wort**, as it may interact with daridorexant.
- Have **narcolepsy**—you should not take daridorexant if you have this condition.
- Have a history of alcohol or drug use, depression, mental illness, suicidal thoughts, lung or breathing problems, sleep apnea, muscle weakness, or liver disease.
- Are pregnant, planning to become pregnant, or breastfeeding.
- Will undergo surgery, including dental surgery—inform your provider.
- Understand that daridorexant may impair alertness, coordination, and driving ability the day after taking it.
- Avoid alcohol while on this medication, as it may worsen side effects.
- Be aware that some individuals have engaged in activities such as **driving, eating, or making phone calls while not fully awake**—seek immediate medical help if this happens.

Potential Side Effects of Daridorexant

Common side effects:

- Headache
- Fatigue
- Daytime sleepiness
- Dizziness
- Nausea

Serious side effects: Contact your doctor immediately if you experience:

- Temporary inability to move or speak when falling asleep or waking up
- Hallucinations while falling asleep or waking up
- Temporary leg weakness during the day or night

- Significant mood or behavior changes, including aggression, hallucinations, or suicidal thoughts

Drug & Supplement Interactions

Medications that may interact with daridorexant:

- **CNS depressants** (e.g., benzodiazepines, opioids, alcohol, antihistamines, muscle relaxants) – may increase drowsiness and risk of overdose.
- **Strong CYP3A4 inhibitors** (e.g., ketoconazole, clarithromycin, ritonavir) – may increase the effects of daridorexant.
- **Strong CYP3A4 inducers** (e.g., rifampin, carbamazepine, phenytoin, St. John's Wort) – may reduce the effectiveness of daridorexant.
- **Antidepressants** (e.g., SSRIs, SNRIs, tricyclic antidepressants) – may enhance side effects such as drowsiness.
- **Antipsychotics** (e.g., quetiapine, olanzapine) – may increase sedation and cognitive impairment.
- **Certain antibiotics and antifungals** – consult your doctor before taking these medications.

Supplements that may interact with daridorexant:

- **St. John's Wort** – can reduce effectiveness.
- **Melatonin** – may increase drowsiness and impair coordination.
- **Valerian root and kava** – may increase sedative effects.
- **Magnesium and calcium supplements** – may impact absorption.

Always consult your healthcare provider before starting or stopping any medication or supplement while taking daridorexant.

Important Safety Information

- **Never mix daridorexant with alcohol.** If you have consumed **two or more alcoholic drinks within three hours of bedtime, skip your dose for the night.**
- **Do not drive or operate heavy machinery** for at least 7 hours after taking daridorexant, even if you feel fully awake.
- If you experience **abnormal behaviors, memory problems, or episodes of engaging in activities while not fully awake, stop taking daridorexant and contact your doctor immediately.**
- Be cautious when taking daridorexant if you are elderly, as it increases the risk of falls and injuries.
- If you suspect an **overdose**, seek emergency medical attention immediately.

Emergency & Overdose Information

In case of overdose, call the **Poison Control Helpline at 1-800-222-1222** or visit <https://www.poisonhelp.org/help>. If the person is unresponsive, has a seizure, difficulty breathing, or cannot be awakened, **call 911 immediately**.

Symptoms of overdose may include:

- Excessive sleepiness
- Muscle weakness
- Fatigue
- Headache
- Confusion
- Loss of voluntary muscle control