

Armodafinil

Nuvigil • wakefulness-promoting medicine

Helps adults stay awake with certain sleep disorders. It supports your sleep-treatment plan; it does not replace sleep.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

ADULTS • SCHEDULE IV

TABLETS: 50, 150, 200, 250 mg

The diagram shows dopamine reuptake inhibition; the full wake-promoting mechanism is not established.

What it is used for

Treats excessive sleepiness from narcolepsy, obstructive sleep apnea or shift-work disorder.

For sleep apnea, keep using CPAP or other prescribed airway treatment. For an off-label use, ask what improvement you are tracking.

How it works

It changes dopamine signaling involved in staying awake. It is closely related to modafinil, but the doses are not interchangeable.

Feeling more alert does not guarantee safe driving. Do not drive if sleepy or until you know how treatment affects you.

What to expect over time

THE FIRST DOSES

Wakefulness may improve the same day. Headache, nausea or insomnia can also appear early.

THE NEXT WEEKS

Review sleep, blood pressure, pulse and mood. Tell your team if you feel wired rather than helped.

ONGOING

Keep treating the sleep disorder. Do not raise doses or add extra doses to make up for lost sleep.

Taking your medication

For narcolepsy or sleep apnea, take the prescribed dose once each morning. For shift-work disorder, take it about 1 hour before work.

Take with or without food. Food may help nausea but delay the effect. A dose near your planned sleep can keep you awake.

Follow your prescription, not an as-needed plan you create yourself. Ask a pharmacist before splitting your particular tablet.

When to get help

New rash: stop and call right away. Blisters, mouth sores, peeling skin, fever or swollen glands need urgent assessment, even after stopping.

Call 911: trouble breathing, face/throat swelling, severe chest pain, collapse or immediate self-harm danger. For crisis support, call/text 988.

Urgent advice: hallucinations, extreme energy, aggression or new suicidal thoughts. Suspected overdose? Call Poison Control: 1-800-222-1222 now.

Early side effects

Headache, nausea, dizziness, dry mouth, reduced appetite, anxiety or trouble sleeping may occur. Tell your team about disruptive effects.

Other effects to discuss

Keep track of sleep, weight and mood. Racing heart, persistent anxiety or needing more medicine to get the same effect deserves review.

What to keep track of

Keep BP, pulse, sleep and mood checks. Report ongoing sleepiness and any driving near misses.

Before you start

Tell your team about a rash from modafinil/armodafinil, heart or BP problems, liver/kidney disease, bipolar disorder, psychosis, depression and substance-use history. Review pregnancy plans, contraception, medicines and supplements before starting.

Medicines & interactions

Birth control

Some hormonal methods become less reliable. Arrange effective alternative/backup contraception during treatment and for 1 month afterward. Confirm your exact method; do not remove an IUD yourself.

Prescription medicines

Levels of seizure medicines, diazepam, some antidepressants, quetiapine and cyclosporine can change. Warfarin may need closer blood tests. Flag MAO inhibitors; check every new medicine.

Caffeine and other stimulants

Coffee, energy drinks and stimulants can add jitteriness, insomnia or a racing heart. Discuss your intake rather than using them to push through sleepiness.

Alcohol and sedating products

Avoid alcohol. Review sleep medicines and sedating allergy products. Armodafinil does not cancel their impairment or make driving safe.

Everyday tips

Protect enough time for regular, good-quality sleep.

Keep prescribed CPAP or other sleep treatment.

Track alertness during specific daily activities.

Plan a safe ride if sleepy; do not push through.

Your questions, answered

What if I miss a dose?

Ask your pharmacist if you are unsure about timing. Avoid a late catch-up dose close to planned sleep, and never double. Returning sleepiness may make driving unsafe.

Can I stop when I feel better?

Agree on a plan first. Dependence and withdrawal can occur after regular use; your team may reduce the dose gradually. A serious rash or allergic reaction is different: stop and get urgent help.

What about pregnancy?

Discuss plans before starting or stopping contraception. There is a possible birth-defect risk. Contact your prescriber promptly if pregnant so treatment can be reviewed; do not wait for the next routine visit.

Can I breastfeed?

Only small studies are available, mostly after mothers took modafinil. They do not prove safety for every baby. Discuss alternatives or a feeding plan with careful monitoring of sleep, feeding and growth.

Storage & safety

Store at room temperature, locked away from children, pets and anyone for whom it was not prescribed. Never share. Ask your pharmacy about take-back disposal.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=a69631d0-1263-769e-b232-4ab9160e0fa3>
 2. <https://dailymed.nlm.nih.gov/dailymed/medguide.cfm?setid=a69631d0-1263-769e-b232-4ab9160e0fa3>
 3. <https://pubmed.ncbi.nlm.nih.gov/41070135/>
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Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

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