

Lemborexant

Dayvigo • a medicine for insomnia

Helps quiet the brain's wake-up signals so sleep can happen. The goal is better nights and better days.

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

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

ADULT INSOMNIA

TABLETS: 5, 10 mg • SCHEDULE IV

OX1 and OX2 are orexin receptors. Blocking them reduces wake signals; each one's separate benefit is not known.

What it is used for

Treats trouble falling asleep, staying asleep, or both in adults.

It is not a treatment for narcolepsy and must not be taken by someone who has that condition.

How it works

Orexin helps keep you awake. Lemborexant blocks two kinds of orexin receptor, allowing the wake signal to ease.

It works differently from some other sleeping pills, but can still cause next-day sleepiness, falls and unusual sleep behaviors.

What to expect over time

FIRST NIGHTS

It can begin helping the first night. Give yourself a full sleep window.

WITHIN 7–10 DAYS

Contact your team if insomnia is worse or not improving; another cause may need attention.

ONGOING

Track daytime function too. Review whether the benefit still outweighs side effects.

Taking your medication

Take your prescribed dose once, immediately before bed, only if at least seven hours remain before you need to wake up. Never take a second dose that night.

A meal near the dose can make it take longer to work. Do not take extra tablets because the effect seems delayed.

Do not drink alcohol. Check other sleep aids and medicines that cause drowsiness with your prescriber before combining them.

When to get help

Stop and call right away: sleep-driving, sleepwalking, eating or other activities while not fully awake, even if you do not remember them.

Call 911: inability to wake up, severe breathing trouble, throat swelling, collapse or immediate self-harm danger.

Too much medicine? Call Poison Control at 1-800-222-1222 now. Do not wait for symptoms.

Early side effects

Daytime sleepiness, tiredness, headache and vivid dreams or nightmares can happen. Tell your team if they are persistent, upsetting or affect your day.

Other effects to discuss

Report temporary trouble moving or speaking as you fall asleep or wake up, vivid perceptions at those times, sudden leg weakness, falls, or worsening mood. Ask your team before taking another dose if these occur.

What to keep track of

Do not drive until you know how it affects you, and never while sleepy or slowed. Be especially cautious the next day with 10 mg. Feeling awake does not guarantee normal reactions. Use a clear, lit path if you get up at night.

Before you start

Tell your team about narcolepsy, sudden muscle weakness, daytime sleepiness, sleepwalking, breathing problems, liver disease, falls, depression, suicidal thoughts, substance-use concerns, allergies, pregnancy or breastfeeding. Mention overnight caregiving or early-morning driving needs.

Medicines & interactions

Alcohol and sedating medicines

Alcohol, opioids, anxiety medicines, allergy pills and other sleep aids can increase impairment. Some combinations should not be used.

Medicines that change drug levels

Certain antibiotics, antifungals, seizure medicines, heart medicines, modafinil and St. John's wort can interact. Ask before starting or stopping any medicine or supplement.

Bupropion or methadone

Lemborexant can affect their levels. Your prescriber may need to watch how well they work; do not adjust them yourself.

Everyday tips

Keep a steady wake-up time and enough time for sleep.

Ask about sleep-focused therapy called CBT-I.

Limit late caffeine and keep the bedroom quiet.

Record sleep, morning alertness and unusual events.

Your questions, answered

What if I miss a bedtime dose?

Skip it if fewer than seven hours remain before you need to wake. Do not take an extra or middle-of-night dose. Never double up.

Can I stop when I no longer need it?

Discuss a plan with your prescriber. A taper is usually not needed, but sleep problems can return. Stop immediately and call for unusual activities while not fully awake.

Can it be misused?

Yes. It is a controlled medicine. Take only your prescribed dose, never share it, and tell your team if you feel an urge to take more.

What about pregnancy or breastfeeding?

Ask about options and the pregnancy registry. It enters milk in small amounts; infant effects are uncertain. If breastfeeding during treatment, watch the baby for unusual sleepiness.

Storage & safety

Store securely in the original closed container at room temperature, away from heat, moisture, children and pets. Use a pharmacy take-back program for unused tablets.

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=7074cb65-77b3-45d2-8e8d-da8dc0f70bfd>
 2. <https://medlineplus.gov/druginfo/meds/a620039.html>
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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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Jeffrey Panko, PMHNP-BC