

A guide to your new insomnia treatment



DAYVIGO™ (lemborexant) is a new prescription medicine for adults who have trouble falling and/or staying asleep (insomnia).¹

NEW
Pr **DAYVIGO**™
lemborexant tablets



“Sleep is that golden chain
that ties health and
our bodies together”

Thomas Dekker (1572–1632)

A good night's sleep

If only it were that easy!

You've tried everything. Counting sheep, drinking warm milk, taking warm baths before bed, dimming the lights, installing blackout shades, and much more. But you still toss and turn. And if you do manage to get off to sleep, you wake up again in the middle of the night and go through the whole frustrating experience all over again.

And it goes on night after night.

Insomnia can affect the health of both your body and your mind and you've done the right thing in seeking help. You have been prescribed DAYVIGO, a new kind of medication that may help you fall and stay asleep.

This brochure will help you understand your insomnia better and provide you with important information regarding DAYVIGO, answering questions you may have about it.

If you have trouble sleeping... you're not alone

Insomnia can be a frustrating and exhausting experience. But you're not on your own.

- 2 in 5 Canadians over 18 have problems falling asleep, staying asleep, or waking too early in the morning²
- 1 in 5 Canadians over 18 are dissatisfied with their sleep²
- 13.4% of Canadians meet the full criteria for insomnia²

Insomnia was more frequent with women, older people, and those with poorer physical and mental health.²

Not everyone's insomnia is the same

Insomnia can affect different people in different ways.

You may go to bed but have trouble falling asleep. Or you fall asleep quite quickly but wake up in the middle of the night. Or both. Keeping a sleep log can help your healthcare professional assess your insomnia. There's one at the back of this brochure to get you started.

There are two main types of insomnia:

Acute insomnia

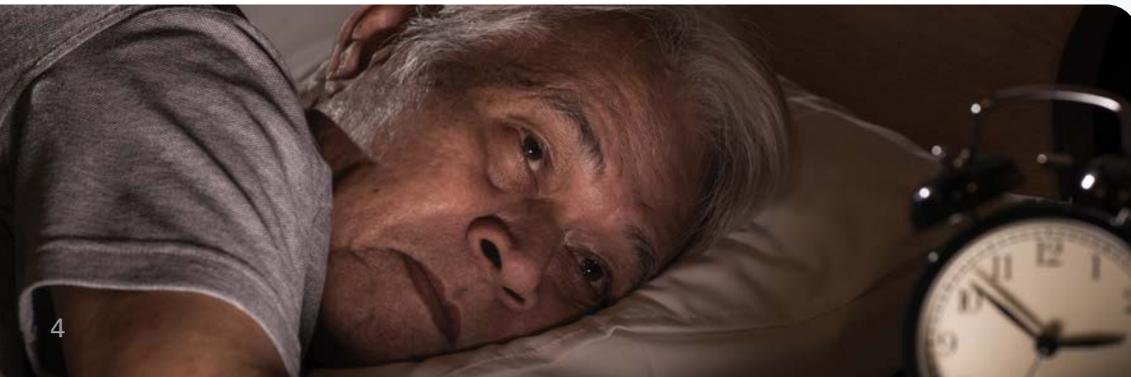
This is a fairly short episode of trouble sleeping. It can be caused by a stressful event, such as the loss of a loved one, or a major job or relationship change.

Acute insomnia lasts for less than three months. It usually goes away as you learn to deal with the event that caused the problem. However, short-term insomnia can be persistent and turn into chronic insomnia.

Chronic insomnia

Chronic insomnia lasts longer. It's when you have trouble falling asleep or staying asleep at least three nights per week for three months or longer.

Chronic insomnia can be the result of a number of causes. Like acute insomnia, it can be related to stress. But it can also be caused by upset sleep schedules, poor sleep hygiene, mental health conditions, physical or neurological problems, and some medicines.



It's not just about feeling tired

Lack of sleep can have a significant impact on your health.³

It can add to the risk of a number of health problems, that may include:

- **mental health disorders**
- **cardiovascular disease**
- **diabetes**
- **obesity**
- **cancer**

It can also make you less able to do your day-to-day activities, be more prone to accidents, less productive, and cause you to be absent from work.



Some tips to help you sleep better



Keep a regular routine of going to bed and getting up
(this is where the sleep log can be helpful)



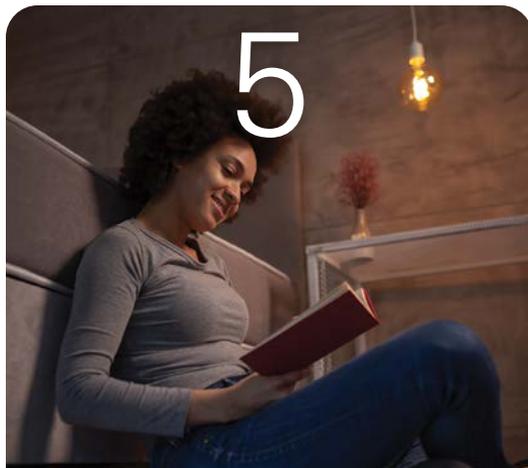
Avoid napping during the day



Avoid caffeine, alcohol, or a heavy meal several hours before bedtime



Exercise regularly but not later than the early evening



Try to start dimming the lights and relax for an hour before bedtime



Don't watch TV, use the computer or use your phone in bed



Keep the bedroom quiet, dark, and open to some fresh air



Don't lie in bed awake

What other treatments are available?

You may have read about different options for treating insomnia. They include treatments that address the thoughts and behaviours that keep you from sleeping well (called cognitive behavioural therapy, or CBT-I), medicines (both prescribed and over-the-counter drugs), and many complementary and alternative therapies (e.g., herbal and dietary products, acupuncture). Only CBT-I and some prescribed medicines have enough clinical evidence to support their use in insomnia.



How DAYVIGO works

DAYVIGO is a type of sleep medication known as a DORA:

Dual Orexin Receptor Antagonist

A DORA is thought to treat insomnia by blocking orexin signals in the brain, which are believed to play a role in wakefulness.



In the daytime, orexins help us stay awake



At night, orexin activity is low, letting us sleep



In Insomnia, excess orexins may prevent some people from sleeping



DAYVIGO blocks orexin activity, allowing sleep

Pr **DAYVIGO**[™]
lemborexant tablets

DAYVIGO is a prescription medicine for adults who have trouble falling and/or staying asleep. The active ingredient is called lemborexant.

How do you take it?

Take DAYVIGO:

- exactly as your doctor has told you to take it
- once a day at night within a few minutes of going to bed
- only when you can get a full night of sleep (**at least 7 hours**)

DAYVIGO may take longer to work if you take it with or soon after eating a meal.

Usual dose:

The recommended daily dose: 5 mg once a day (within a few minutes of going to bed, and with at least 7 hours remaining before you plan to wake up).

The maximum recommended dose: 10 mg once a day (within a few minutes of going to bed and with at least 7 hours remaining before you plan to wake up).

Do NOT take more than 10 mg a day.

Your doctor may change your dose depending on how you respond to DAYVIGO.

Overdose:

If you think you have taken too much **DAYVIGO**, contact your healthcare professional, hospital emergency department or regional poison control centre immediately, even if there are no symptoms.



Have you missed a dose?

- If you miss a dose and you do have time to sleep for at least 7 hours before you must wake up again, take your dose as usual.
- If you do not have time to sleep for at least 7 hours before you must wake up again: **Do NOT** take your dose. Take it the next night.

How long can you use it for?

There are no restrictions on how long you can stay on DAYVIGO but you should see your doctor regularly and discuss your progress.

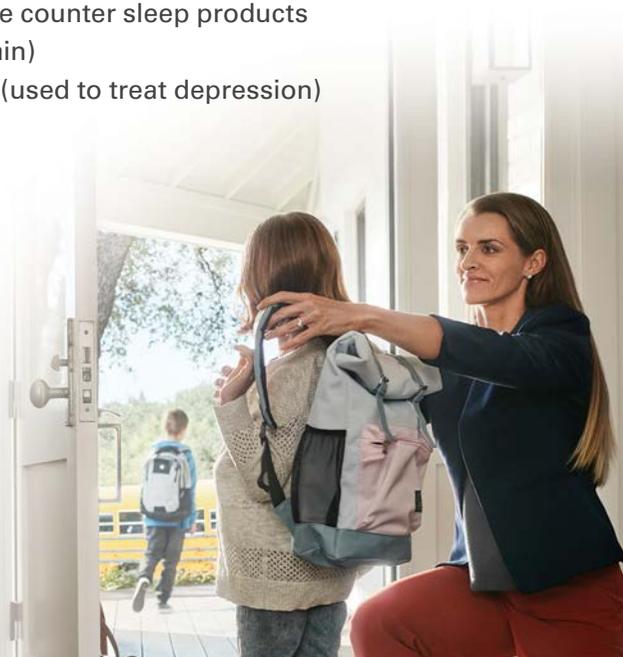
Things to avoid

Do NOT:

- **drink alcohol while taking DAYVIGO. It can increase your chances of getting serious side effects or**
- **take other medicines that can make you sleepy (sedatives)**

Examples of these types of medicines are:

- prescription and over the counter sleep products
- opioids (used to treat pain)
- certain antidepressants (used to treat depression)



What are the possible side effects?

These are not all the possible side effects you may feel when taking **DAYVIGO**. If you experience any side effects not listed here, contact your healthcare professional.

The most common side effect of DAYVIGO includes:

- Sleepiness during the day.

Other possible side effects of DAYVIGO may include:

- Headache
- Upper respiratory tract infection
- Nasopharyngitis
- Back pain
- Fatigue
- Nightmare
- Urinary tract infection
- Abnormal dreams
- Nausea

Things to discuss with your doctor

Talk to your doctor if you:

- have a history of drug or alcohol abuse or addiction
- have a history of falling asleep often at unexpected times (narcolepsy) or feeling sleepy during the day
- have breathing problems such as sleep apnea
- have liver problems
- are pregnant or plan to become pregnant. It is not known if DAYVIGO can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if DAYVIGO passes into your breast milk.
- are lactose intolerant
- are taking any other medications, including any drugs, vitamins, minerals, natural supplements, or alternative medicines. Medicines can interact with each other, sometimes causing serious side effects.

What other medications can DAYVIGO interact with?

You should not take the following medications which may interact with DAYVIGO:

- itraconazole, ketoconazole and posaconazole (used to treat fungal infections)
- clarithromycin, telithromycin (used to treat bacterial infections)
- boceprevir, telaprevir (used to treat Hepatitis C Virus HCV)
- fluconazole (used to treat fungal and yeast infections)
- diltiazem and verapamil (used to treat high blood pressure and chest pain/angina)
- digoxin (used to treat heart failure)
- aprepitant (used to treat nausea and vomiting caused by certain anti-cancer medicines)
- imatinib (used to treat certain types of cancer)
- nefazodone (used to treat depression)
- conivaptan (used to treat low sodium levels)
- rifampin (used to treat bacterial infections)
- carbamazepine and phenytoin (used to treat convulsions and seizures)
- St. John's wort (used to treat depression)
- grapefruit juice



My sleep log

Keep this page handy and take a few moments to fill it out each day so that you keep an accurate record of your sleep patterns. Your healthcare professional will find it very helpful for you to monitor and track your progress along with your sleep patterns.

You can find additional copies to download at MyDAYVIGO.ca.

Date							
Day of week							
What time did you go to bed?							
What time did you fall asleep?							
How many times did you wake up during the night?							
What disturbed your sleep?							
How long did these awakenings last?							
What time did you get up?							
How many hours did you sleep?							
How did you feel on waking up?							

More information about insomnia

Further information is available at the following web site:

Sleep on it!
sleeponitcanada.ca

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References:

1. DAYVIGO Product Monograph, Eisai Limited, November 3, 2020.
2. Morin CM, LeBlanc M, Bélanger L, et al. Prevalence of Insomnia and its Treatment in Canada. *Can J Psychiatry*. 2011;56(9):540–8.
3. Luyster FS, Strollo PJ, Zee PC, et al. Sleep: A Health Imperative. *Sleep*. 2012;35(6):727–34.

If you would like more information on DAYVIGO, please speak to your healthcare professional.



MyDAYVIGO.ca

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