

Medication: Lamborexant 10 mg

What is Lamborexant?

Lamborexant belongs to a group of medications called **Orexin Receptor Antagonists (ORAs)**. Lamborexant blocks the binding of the wake-promoting neuropeptide orexin. Lamborexant is intended, in conjunction with non-pharmacologic therapies, for short term use for treating sleep onset and sleep maintenance insomnia. *Inform your prescriber if you are pregnant.*

Expected Benefit:

- Usually quick to notice a benefit

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication. Max dose: 10 mg/day.

If you have problems with these side effects talk with your doctor or pharmacist:

- Hangover effect – too sleepy in the morning/drowsiness (somnolence)
- CNS depression that may persist several days after discontinuation
- Nasopharyngitis
- Headache
- Abnormal dreams/nightmares
- Complex sleep behaviours such as sleepwalking, cooking/eating food, making phone calls

Stopping the medication:

- Please talk with your doctor before stopping the medication.
- Typically, no withdrawal effect

How to use this medication:

- Take this medication without food as time to onset may be delayed if taken with or soon after a meal.
- Time to onset is 15-20 minutes
- This medication is intended for short-term use (under 8 weeks)

Dosing Schedule:

(Note: dose will depend in condition being treated as well as tolerance to side effects)

- Start with 5 mg at bedtime (at least 7 hours before planned wake up time)
- Dose may require adjustment with kidney or liver disease

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products, as there are multiple interactions with this medication.

- Avoid alcohol use at the same time
- Avoid: Kava Kava, Kratom, Valerian

Tips:

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.