

# Daridorexant for treating long-term insomnia

Information for the public

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[www.nice.org.uk](http://www.nice.org.uk)

Daridorexant (QUVIVIQ) is available on the NHS. It is a possible treatment for insomnia in adults:

- who have had symptoms for 3 nights or more per week for at least 3 months, and whose daytime functioning is considerably affected
- only if cognitive behavioural therapy for insomnia has not worked, or if it is unsuitable or not available.

If the insomnia does not improve enough, daridorexant may be stopped after 3 months. If treatment is continued after 3 months, there should be regular checks to make sure it is still working.

If you are not eligible for daridorexant but are already having it, you should be able to continue until you and your doctor decide when best to stop.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

## Information and support

The [NHS webpage on insomnia](#) may be a good place to find out more.

These organisations can give you advice and support:

- [The Sleep Charity](#), 01302 751416, [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)
- [The British Sleep Society](#), [admin@sleepsociety.org.uk](mailto:admin@sleepsociety.org.uk)

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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