

Orexin Antagonists for Insomnia		
	Lemborexant (Dayvigo)	Suvorexant (Belsomra)
Dosage	5–10 mg qhs (5, 10 mg tabs)	5–20 mg qhs (5, 10, 15, 20 mg tabs)
Directions	Take immediately before going to bed	Take within 30 minutes of going to bed
Time to safe driving	7 hours	7 hours
Side effects	Daytime fatigue, headache, nightmares, complex sleep behaviors, sleep paralysis, hypnagogic hallucinations	Same as lemborexant (at left); reports of increased cholesterol that was mild but dose dependent (1–2 mg/dL)
Food effects	High-fat meal delays absorption by 2 hours	High-fat meal delays absorption by 1.5 hours
Pharmacokinetics	Tmax 1–3 hours; half-life 17–19 hours	Tmax 2 hours (0.5–6 hours); half-life 15 hours (10–22 hours)
Interactions	Levels raised by CYP3A4 inhibitors (nefazodone, ciprofloxacin, diltiazem, erythromycin, verapamil, grapefruit juice) Levels lowered by CYP3A4 inducers (eg, carbamazepine, phenytoin), but with lemborexant these inducers will produce an active metabolite	
Contraindications	Narcolepsy (which is caused by a mutation in the orexin receptor)	
Advantages over z-hypnotics	Safer in elderly; lower risk of falls, morning sedation, and addiction; efficacy is likely to vary by patient, with some preferring orexin antagonists while others preferring a z-hypnotic	

From the Article:
“Lumateperone and lemborexant”
The Carlat Psychiatry Report, Volume 18, Number 3, March 2020
www.thecarlatreport.com