

RESET YOUR SLEEP

DAYVIGO® helps you fall asleep faster and stay asleep longer

Considering treatment for insomnia? Take the next step



Scan the QR code or go to dayvigotelehealth.com to schedule an independent telehealth visit.

DAYVIGO
(lemborexant) (IV) 5mg, 10mg tablets

What is DAYVIGO?

- DAYVIGO is a prescription medicine for adults age 18 and older who have trouble falling or staying asleep (insomnia).

Selected Safety Information

Do not take DAYVIGO if you fall asleep often at unexpected times (narcolepsy).

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

If you're searching for sleep, you're not alone.

1 out of 3 adults say they have insomnia symptoms.

Insomnia, an inability to fall and/or stay asleep, can be influenced by many factors, including your lifestyle, sleep habits, environment, and the brain's wake signals.



When you have insomnia, you know the struggle. No matter how carefully you manage your routine, falling asleep and staying asleep can still be difficult.

Over time, it can become a frustrating, exhausting cycle that leaves you feeling isolated and misunderstood.

About DAYVIGO®

DAYVIGO can help you sleep better.

DAYVIGO was compared with placebo in a clinical study of 2000 patients to help people:



**Fall
Asleep
Faster**



**Stay
Asleep
Longer**

SELECTED SAFETY INFORMATION

DAYVIGO (lemborexant) may cause serious side effects including:

- **decreased awareness and alertness.** The morning after you take DAYVIGO, your ability to drive safely and think clearly may be decreased. You may also have sleepiness during the day. Do not take more DAYVIGO than prescribed. Do not take DAYVIGO unless you are able to stay in bed for a full night (at least 7 hours) before you must be active again. Take DAYVIGO right before going to bed.



Better sleep could start with a virtual visit.

Connect with an independent healthcare provider at dayvigotelehealth.com

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Falling asleep or staying asleep with DAYVIGO® may be different than what you've experienced in the past.



**Blocks
Wake Signals**

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



**Suggests No
Physical Dependence**

In clinical trials, DAYVIGO did not lead to signs or symptoms of withdrawal after discontinuation, suggesting that it does not produce physical dependence in those taking it.

SELECTED SAFETY INFORMATION

DAYVIGO (lemborexant) is a federally controlled substance because it can be abused or cause dependence.

Keep DAYVIGO in a safe place to prevent misuse and abuse. Selling or giving away DAYVIGO may harm others and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines, or street drugs.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Taking DAYVIGO®



DAYVIGO is available in 5 mg and 10 mg doses. Take DAYVIGO exactly as your healthcare provider tells you to take it.



Take DAYVIGO no more than once per night, right before bed, and only when you can get at least 7 hours of sleep. DAYVIGO may take longer to work if taken with or soon after a meal.



When starting DAYVIGO, try it for at least 1 week to see how it's working and discuss your experience with your healthcare provider.

SELECTED SAFETY INFORMATION

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

- Taking DAYVIGO (lemborexant) with certain other medicines can cause serious side effects. DAYVIGO may affect the way other medicines work and other medicines may affect the way DAYVIGO works.
- **Do not take DAYVIGO with other medicines that can make you sleepy unless your healthcare provider tells you to.**

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Saving on DAYVIGO®



With the DAYVIGO Instant Savings Card, you may be able to save on your prescription.



For more information and complete terms and conditions, visit dayvigo.com/prescription-savings

SELECTED SAFETY INFORMATION

What should I avoid while taking DAYVIGO (lemborexant)?

- **Do not drink alcohol** while taking DAYVIGO. It can increase your chances of getting serious side effects.
- **Do not drive**, operate heavy machinery, do anything dangerous, or other activities that require clear thinking if you take DAYVIGO and have had less than a full night of sleep (at least 7 hours) or if you have taken more DAYVIGO than prescribed by your healthcare provider.
- You may still feel drowsy the next day after taking DAYVIGO. **Do not** drive or do other dangerous activities until you feel fully awake.



Want to receive updates from DAYVIGO?

Visit dayvigo.com/sign-up to join our email list and have information and updates sent to your inbox.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Support for Your Sleep Journey

With DAYVIGO®, you have access to tools and resources to help you make the most of your treatment.



Get Support

Learn how to work toward setting goals that help you and your loved ones deal with the impact of insomnia.

Access resources at

dayvigo.com/patient-support

SELECTED SAFETY INFORMATION

DAYVIGO (lemborexant) may cause serious side effects, including:

- **temporary inability to move or talk (sleep paralysis) for up to several minutes while you are going to sleep or waking up**
- **temporary weakness in your legs that can happen during the day or at night**
- **complex sleep behaviors** such as sleep-walking, sleep-driving, preparing and eating food, making phone calls, having sex or doing other activities while not fully awake that you may not remember the next morning.
- **worsening depression and suicidal thoughts have happened during treatment with DAYVIGO.**

The most common side effect of DAYVIGO is sleepiness.

These are not all of the possible side effects of DAYVIGO. Call your doctor for medical advice and if you have any new or worsening side effects.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Sleep and Waking Tips

In addition to taking DAYVIGO®, here are a few things you can do to help yourself sleep:

- Keep a consistent sleep schedule—even on weekends.
- Create a relaxing bedtime routine: dim the lights, put away screens, and keep your bedroom cool (60–70°F)
- Exercise regularly to support healthy sleep.
- Avoid nicotine, alcohol, and large meals within 2–3 hours of bedtime.
- Do not drink alcohol on days you take DAYVIGO. DAYVIGO may take longer to work if taken with or soon after a meal.

SELECTED SAFETY INFORMATION

What should I avoid while taking DAYVIGO (lemborexant)?

- Do not drink alcohol** while taking DAYVIGO. It can increase your chances of getting serious side effects.

Before taking DAYVIGO, tell your healthcare provider about all of your medical conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts; drug or alcohol abuse or addiction; a sudden onset of muscle weakness (cataplexy); daytime sleepiness
- have lung problems or breathing problems
- have liver problems
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed. DAYVIGO passes into your breastmilk.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO on pages 11-14.

Frequently Asked Questions (FAQs)

You probably still have some questions about DAYVIGO®. Below are some of the most common ones we've been asked.

Is DAYVIGO FDA-approved?

Yes. DAYVIGO is an FDA-approved prescription medicine for adults who have trouble falling and/or staying asleep (insomnia). It is available in a 5 mg or 10 mg dose.

What is the most common side effect?

The most common side effect of DAYVIGO is sleepiness. Talk to your healthcare provider for more information or if you experience any side effects.

What happens if I stop taking DAYVIGO?

In clinical trials, it was suggested that rebound insomnia was not associated with discontinuing use of DAYVIGO, meaning insomnia did not get worse than what it was before. People taking DAYVIGO also did not show withdrawal signs or symptoms after they stopped taking it.

Will DAYVIGO affect my ability to drive?

In a study of adults without insomnia, there was no significant impairment in driving performance the morning after taking DAYVIGO, although impairment was seen in some people taking the 10 mg dose. DAYVIGO may cause serious side effects, including decreased awareness and alertness. The morning after taking DAYVIGO, your ability to drive safely and think clearly may be decreased, and you may feel sleepy during the day. Take DAYVIGO only as prescribed, right before going to bed, and only if you can stay in bed for at least 7 hours before being active again.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO (lemborexant) on pages 11-14.



What should I avoid while taking DAYVIGO®?

Do not drink alcohol while taking DAYVIGO, as it may increase your risk of serious side effects. After taking DAYVIGO, do not drive, operate heavy machinery, or do other activities requiring alertness if you have had less than 7 hours of sleep or have taken more DAYVIGO than prescribed. You may still feel drowsy the next day. Do not drive or do dangerous activities until you feel fully awake.

Is DAYVIGO addictive?

In clinical trials, people taking DAYVIGO did not show signs or symptoms of withdrawal after stopping treatment, suggesting it does not produce physical dependence. DAYVIGO is a federally controlled substance because it can be abused or cause dependence. Tell your healthcare provider if you have a history of alcohol or drug abuse or addiction. Keep DAYVIGO in a safe place and do not share it with others.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Selected Safety Information throughout and Important Facts about DAYVIGO (lemborexant) on pages 11-14.

Important Facts



DAYVIGO® (daye-vi'-goe) (lemborexant) tablets, for oral use, CIV

What is the most important information I should know about DAYVIGO?

DAYVIGO may cause serious side effects including:

- Decreased awareness and alertness. The morning after you take DAYVIGO, your ability to drive safely and think clearly may be decreased. You may also have sleepiness during the day.
 - » Do not take more DAYVIGO than prescribed.
 - » Do not take DAYVIGO unless you are able to stay in bed for a full night (at least 7 hours) before you must be active again.
 - » Take DAYVIGO right before going to bed.

See "What are the possible side effects of DAYVIGO?" for more information about side effects.

What is DAYVIGO?

- DAYVIGO is a prescription medicine for adults who have trouble falling or staying asleep (insomnia).
- It is not known if DAYVIGO is safe and effective in children under the age of 18 years.

DAYVIGO is a federally controlled substance (CIV) because it can be abused or cause dependence. Keep DAYVIGO in a safe place to prevent misuse and abuse. Selling or giving away DAYVIGO may harm others and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

Who should not take DAYVIGO?

Do not take DAYVIGO if you fall asleep often at unexpected times (narcolepsy).

Before taking DAYVIGO® (lemborexant), tell your healthcare provider about all of your medical conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts.
- have a history of drug or alcohol abuse or addiction.
- have a history of a sudden onset of muscle weakness (cataplexy).
- have a history of daytime sleepiness.
- have lung problems or breathing problems.
- have liver problems.
- are pregnant or plan to become pregnant. It is not known if DAYVIGO can harm your unborn baby.
 - » **Pregnancy Registry:** There is a pregnancy registry for women who are exposed to DAYVIGO during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. For more information or to participate in the registry, call 1-866-961-2388 or go to <https://womensmentalhealth.org/research/pregnancyregistry>. Talk with your healthcare provider about the risk to your unborn baby if you take DAYVIGO during pregnancy.
- are breastfeeding or plan to breastfeed. DAYVIGO passes into your breastmilk. Talk to your healthcare provider about the best way to feed your baby during treatment with DAYVIGO.

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

- Taking DAYVIGO with certain other medicines can cause serious side effects. DAYVIGO may affect the way other medicines work and other medicines may affect the way DAYVIGO works.
- **Do not take DAYVIGO with other medicines that can make you sleepy unless your healthcare provider tells you to.**
- Know the medicines you take. Keep a list of your medicines with you to show your healthcare provider and pharmacist each time you get a new medicine.

How should I take DAYVIGO?

- Take DAYVIGO exactly as your healthcare provider tells you to take it.
- Only take DAYVIGO one time each night, right before going to bed.

Important Facts continued on next page.

- Only take DAYVIGO® (lemborexant) when you can stay in bed for a full night (at least 7 hours).
- DAYVIGO may take longer to work if you take it with or soon after a meal.
- Do not increase your dose of DAYVIGO without talking to your healthcare provider first. Call your healthcare provider if your insomnia (sleep problem) worsens or is not improved within 7 to 10 days. This may mean that there is another condition causing your sleep problem.
- If you take too much DAYVIGO, call your healthcare provider or go to the nearest hospital emergency room right away.

What should I avoid while taking DAYVIGO?

- **Do not drink alcohol** while taking DAYVIGO. It can increase your chances of getting serious side effects.
- **Do not drive**, operate heavy machinery, do anything dangerous, or do other activities that require clear thinking if you take DAYVIGO and have had less than a full night of sleep (at least 7 hours) or if you have taken more DAYVIGO than prescribed by your healthcare provider.
- You may still feel drowsy the next day after taking DAYVIGO. **Do not** drive or do other dangerous activities until you feel fully awake.

What are the possible side effects of DAYVIGO?

See **“What is the most important information I should know about DAYVIGO?”**

DAYVIGO may cause serious side effects, including:

- **temporary inability to move or talk (sleep paralysis) for up to several minutes while you are going to sleep or waking up.**
- **temporary weakness in your legs that can happen during the day or at night.**
- **complex sleep behaviors** such as sleep-walking, sleep-driving, preparing and eating food, making phone calls, having sex or doing other activities while not fully awake that you may not remember the next morning. Call your healthcare provider right away if you experience a complex sleep behavior.
- **worsening depression and suicidal thoughts have happened during treatment with DAYVIGO. Call your healthcare provider right away if you have any worsening depression or thoughts of suicide or dying.**

The most common side effect of DAYVIGO is sleepiness.

These are not all of the possible side effects of DAYVIGO® (lemborexant). Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store DAYVIGO?

- Store DAYVIGO at room temperature between 68°F to 77°F (20°C to 25°C).
- **Keep DAYVIGO and all medicines out of the reach of children.**

General information about the safe and effective use of DAYVIGO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use DAYVIGO for a condition for which it was not prescribed. Do not give DAYVIGO to other people, even if they have the same symptoms that you have. It may harm them. You can ask your healthcare provider or pharmacist for information about DAYVIGO that is written for healthcare professionals.

What are the ingredients in DAYVIGO?

Active ingredient: lemborexant

Inactive ingredients: hydroxypropyl cellulose, lactose monohydrate, low-substituted hydroxypropyl cellulose, and magnesium stearate. The tablet film coating contains: hypromellose 2910, polyethylene glycol 8000, talc, titanium dioxide, and either ferric oxide yellow for the 5 mg tablet; or both ferric oxide yellow and ferric oxide red for the 10 mg tablet.

Get Started with DAYVIGO®

For tools and resources to help you get started on DAYVIGO (lemborexant), visit dayvigo.com/patient-support

Make the Most of Your Next Appointment

Track your sleep challenges, treatment goals, and questions for your healthcare provider with the DAYVIGO Discussion Guide.

Fill out and download the discussion guide
www.dayvigo.com/discussionguide



Scan the QR code or go to dayvigotelehealth.com to schedule an independent telehealth visit and learn about DAYVIGO.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



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