



## Getting support from family and friends

As a person living with insomnia, it's important to get support from those around you to help you make changes to your routine. Research shows that having support may improve your insomnia. So talk to the people in your life about how they can help you and see what you can also do for them.

### What is DAYVIGO?

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



### People who live in your home

People you live with are in a great position to offer you support. Plus, getting on the same page with them can benefit everyone. Consider how you could coordinate your routines with the people you live with so they work for you all.

### Some examples to consider:

- Is there a relaxing activity you can do together before bedtime?
- What bedtime preferences do you and your family all agree on?
- What boundaries can you and your family set as “rules” to follow that work for everyone? Consider letting everyone set a boundary that is important to them.

Then when it comes to asking for support, here are just a few things you could request.

#### Ask the people you live with for:

- An agreement on when **quiet hours** should be
- **Lower lighting** when you're preparing for bed
- **Understanding** how insomnia makes you feel
- A chance to **unwind** without interruptions before bed

#### If you share a bed with someone, consider asking for a little extra help like:

- Support for changes you make to your bedroom, such as keeping the temperature at **60-67 degrees** Fahrenheit, using **blackout curtains**, or using a **white noise machine**
- Keeping **consistent times** for going to bed and getting up—**even on weekends**
- Their support by keeping **electronics out of the bedroom**

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## Selected Safety Information

### 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.

Please see Selected Safety Information throughout and accompanying [Medication Guide](#).



## People outside of your home

Even outside of your home, your insomnia may have affected people in your life. You can find ways to help them understand your perspective and get the support you need.

### Ask extended family and friends

- To **learn about insomnia** so they can better understand what you're going through
- For **patience** if not getting enough sleep affects your mood
- For **help with chores or everyday activities**

### Ask people you interact with day to day

- For **patience** if you're not always able to give 100%
- To **understand** if you're sometimes not present due to tiredness and fatigue
- To be **flexible** when it comes to your schedule

## Make a support plan

Asking for help can be hard for some people. They may feel like they'd be a burden or that it's important to be independent. It's likely, though, that the people in your life want to help you, but they don't know how. Make a plan to talk to them and ask for support. Getting help with even one or two things is a step in the right direction.

**Plus, remember to talk to them about why treating your insomnia with DAYVIGO™ is important to you.**

I need help with getting groceries from my sister, Susan  
I need help with \_\_\_\_\_ from \_\_\_\_\_  
I need help with \_\_\_\_\_ from \_\_\_\_\_  
I need help with \_\_\_\_\_ from \_\_\_\_\_

**Remember, the first step to getting support is asking for it. It's OK to need a little help and understanding sometimes. Don't hesitate to speak up when you need to.**



## Selected Safety Information

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

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

Please see Selected Safety Information throughout and accompanying [Medication Guide](#).

## Selected Safety Information

**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, including sleep apnea
- have liver problems
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed.

**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.**

### 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 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.

### 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.
- **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.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

Please see Selected Safety Information throughout and accompanying [Medication Guide](#).

