

Belsomra (suvorexant) basics

Helps you sleep. Belsomra (suvorexant) helps you fall asleep, but is only available as a brand name so can be expensive.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Belsomra (suvorexant) Drug effectiveness					
Possible side effects					
Headache 7% chance vs. 6% placebo*					
Dizziness 3% chance vs. 2% placebo*					
Next-day sleepiness†					
Dependence†					

* Placebo is a sugar pill with no medicinal benefit.

† Data on frequency of side effects is not available.

Tips from pharmacists

- Take Belsomra (suvorexant) 30 minutes before bedtime.
- Only take if you plan to sleep at least 7 hours.
- Taking Belsomra (suvorexant) on an empty stomach will quicken the effects.
- Belsomra (suvorexant) can be addictive and is meant for short-term treatment.
- Can cause headaches and/or dizziness.
- Not safe to take with alcohol or sleeping medications.

Risks and warnings

Contact your doctor if you experience any of these.

Changes in thoughts

Belsomra (suvorexant) can cause abnormal thinking or behavioral changes like anxiety, hallucinations, and sleep driving. Talk to your doctor right away if you notice any sudden or unusual changes to your behavior.

Hangover effect

Belsomra (suvorexant) impairs your ability to focus, think, and react. Don't take Belsomra (suvorexant) unless you can dedicate at least 7 hours of sleep, otherwise you're more likely to have a hangover-effect feeling the next morning.

Dependence and withdrawal

If you've had to use Belsomra (suvorexant) for more than 2 weeks, talk to your doctor before stopping the medicine. Stopping it suddenly after taking it for a long time can cause worse insomnia.