

Hetlioz (tasimelteon) basics

Keeps the sleep cycle normal for completely blind people who aren't able to see light. Hetlioz (tasimelteon) is the only approved medicine to help completely blind people who are unable to see light maintain regular sleep cycles. It is only available as a brand name, so it 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
Hetlioz (tasimelteon) Drug effectiveness					
Possible side effects†					
Headache					
Nightmares or abnormal dreams					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Take Hetlioz (tasimelteon) at the same time every night.
- Take Hetlioz (tasimelteon) on an empty stomach. Swallow capsule whole. Don't crush or chew the capsule.
- If you go to sleep at a different time, don't take Hetlioz (tasimelteon).
- Hetlioz (tasimelteon) might take weeks or months before you notice any effects.
- If you smoke tobacco, Hetlioz (tasimelteon) might not work as well.

Risks and warnings

Contact your doctor if you experience any of these.

Sleepiness

Don't take Hetlioz (tasimelteon) unless you're planning to sleep, since it can make you sleepy and less able to concentrate.