

Get to know your sleep

You know your sleep best, so it's important to share the details with your health care provider. *To prepare for discussion at your next appointment, please print and fill this out, or have it ready on your smartphone or other device.*

Which do you have trouble with?



FALLING ASLEEP

How often do you have trouble falling asleep?

- ☐ 1-3 nights a month
- ☐ 1-3 nights a week
- ☐ 4+ nights a week

How long have you had trouble falling asleep?

- ☐ One week
- ☐ Over a week
- ☐ Over a month
- ☐ Over 3 months



STAYING ASLEEP

How often do you wake up at night?

- ☐ 1 time a week
- ☐ 1 time a night
- ☐ 2-3 times a night
- ☐ More than 3 times a night

How many hours of sleep do you get on nights when you have trouble sleeping?

- ☐ 6-8 hours
- ☐ 4-6 hours
- ☐ 3-4 hours
- ☐ less than 3 hours

Ask your health care provider: What other factors could influence my sleep?

About BELSOMRA

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

Selected Risk Information

- **BELSOMRA may cause decreased awareness and alertness.** The morning after you take BELSOMRA, your ability to drive safely and think clearly may be decreased. You may also have sleepiness during the day.
 - Do not take more BELSOMRA than prescribed.
 - Do not take BELSOMRA unless you are able to stay in bed a full night (at least 7 hours) before you must be active again.
 - Take BELSOMRA within 30 minutes of going to bed.

Selected Risk information continues on the next page.

Please read the accompanying [Medication Guide](#) for BELSOMRA and discuss it with your doctor. The physician [Prescribing Information](#) also is available.


Belsomra
(suvorexant) [®] IV
5, 10, 15, 20 mg tablets

Sleep hygiene

Practicing good sleep habits can be an important part of getting a full night's rest. Answer the questions below to get a better picture of your sleep hygiene habits. *Print this out or have it ready during your next appointment.*



Do you drink caffeinated beverages in the hours before going to bed?

- ☐ Nightly
- ☐ Often
- ☐ Sometimes
- ☐ Never



Do you drink alcoholic beverages before going to bed?

- ☐ Nightly
- ☐ Often
- ☐ Sometimes
- ☐ Never



Do you use sleep aids?

- No
- Yes, over-the-counter sleep aids
- Yes, prescription medication

Sleep hygiene continues on the next page.

Selected Risk Information (*continued*)

- **BELSOMRA may cause serious side effects, including:**
 - **worsening depression or suicidal thoughts and actions.** Call your doctor right away if you have any worsening depression or thoughts of suicide or dying.
 - **complex sleep behaviors**, including sleep-walking, sleep-driving or other activities while not fully awake. Call your doctor right away if you experience a complex sleep behavior.
 - **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.
- Do not take BELSOMRA if you fall asleep often at unexpected times (narcolepsy).
- BELSOMRA is a controlled substance because it can be abused or cause dependence.
- **Before taking BELSOMRA, tell your doctor 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 falling asleep often at unexpected times (narcolepsy) or daytime sleepiness
 - have lung or breathing problems
 - have liver problems
 - are pregnant or plan to become pregnant
 - are breastfeeding or plan to breastfeed

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Sleep hygiene (continued)



Do you use electronics before going to bed (TV, smartphone, tablet, etc)?

- ☐ Nightly
- ☐ Often
- ☐ Sometimes
- ☐ Never



How consistent is your sleep schedule?

- ☐ Same every night
- ☐ It fluctuates throughout the week
- ☐ I don't have a sleep schedule



How active are you? (Volunteering, gardening, exercising, etc)

- ☐ Lightly active
- ☐ Moderately active
- ☐ Very active

Describe a typical day, from the time you wake up, to what activities you are doing during the day, to the time you go to bed.

Ask your health care provider:
What changes can I make to my lifestyle to help manage my insomnia?

Selected Risk Information (continued)

- Medicines can interact with each other, sometimes causing serious side effects. Do not take BELSOMRA with other medicines that can make you sleepy unless your doctor tells you to.
- **Do not** drink alcohol while taking BELSOMRA. 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 after taking BELSOMRA.
- You may still feel drowsy the next day after taking BELSOMRA. **Do not** drive or do other dangerous activities until you feel fully awake.
- The most common side effect of BELSOMRA is sleepiness the next day after you take BELSOMRA.

Selected Risk information continues on the next page.

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How insomnia affects you

Answer the questions below to start thinking about how insomnia may affect you. Consider talking to your health care provider about these issues if any apply to you. *Print this out or have it ready during your next appointment.*

MARK

YES or NO



I think my inability to fall or stay asleep affects my life.



It's hard for me to fall asleep or stay asleep even though I get tired throughout the day.



My sleep time has gotten shorter with age.

Ask your health care provider: Could BELSOMRA be right for me?

Selected Risk Information (*continued*)

How Should I Take BELSOMRA?

- Take BELSOMRA exactly as your doctor tells you to take it.
- Only take BELSOMRA 1 time each night, if needed, within 30 minutes of going to bed.
- Only take BELSOMRA when you can get a full night's sleep (at least 7 hours).
- **Do not** take BELSOMRA if you drank alcohol that evening or before bed.
- BELSOMRA may be taken with or without a meal. However, BELSOMRA may take longer to work if you take it with or right after meals.
- Call your doctor if your insomnia (sleep problem) worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.
- If you take too much BELSOMRA, call your doctor right away or get emergency treatment.

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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