Wakix: Understanding Your Treatment

How long will it take until I start feeling less tired when taking Wakix?

It's important to know that Wakix doesn't work immediately, which may be different from some of the other medications you have tried. This means you might still feel tired for some time after you start taking Wakix. Many people who have taken Wakix have also reported experiencing insomnia when they begin the medication.

Experiences like these don't mean that Wakix won't work for you. Wakix can affect everyone differently. Some people may see results soon after beginning the medication, while others may need more time for Wakix to show its full potential. If you want to experience the full benefits of Wakix, take it every day for at least eight weeks. Here's an overview of what to expect when first starting Wakix:

- Follow the dosing schedule as prescribed by your doctor, this way we can figure out which dose works best for you
- Remember it's normal to still feel tired even after starting Wakix
- Make sure to take Wakix as soon as you wake up
- Take Wakix for at least eight weeks before deciding if it's working or not
- Reach out to your doctor or pharmacist if you have any questions

Is there anything I can do in the meantime until Wakix starts working?

Now that you know being tired during the day or having insomnia at night while starting Wakix can be expected, there are some steps you can take to help.

You want to make sure Wakix can work without anything getting in the way. Listed below are some common prescriptions and over the counter medications that may decrease the effects of Wakix. This is not an all-inclusive list of every medication that might interact with Wakix, so always tell your doctor or pharmacist about any new medications you start taking while on Wakix.

- Antihistamines – typically used to treat allergies
  - Benadryl (diphenhydramine)*
  - Zyrtec (cetirizine)*
  - Phenergan (promethazine)
  - Vistaril or Atarax (hydroxyzine)
- Tricyclic or tetracyclic Antidepressants (TCAs) – used for a variety of reasons including but not limited to depression, nerve pain, and headaches
  - Tofranil (imipramine)
  - Remeron (mirtazapine)
  - Anafranil (clomipramine)

*over-the-counter medications

You may be switching to Wakix from another narcolepsy medication. It's important you discuss with your doctor the plan for how you will transition onto your new Wakix therapy. To help with that conversation and for your own reference, Wakix is safe to take with other medications that are FDA approved to treat narcolepsy. Here are some talking points you can bring up with your doctor regarding that transition period:

- Will I be completely stopping my previous therapy before starting Wakix?
- Am I able to stay on my current medication until Wakix starts working?

Wakix isn't working like other medications I've taken in the past...

That's because Wakix works differently than other medications! Wakix works through the chemical histamine to promote wakefulness in patients with excessive daytime sleepiness (EDS) or cataplexy due to narcolepsy. So what's histamine? It's a chemical in our body with many different jobs, such as:

- Dealing with inflammation (swelling)
- Responding to allergens
- Keeping us awake during the day

Wakix helps treat EDS and cataplexy in adults with narcolepsy by increasing the amount of histamine in the brain. This is why Wakix can take longer to show its maximum benefit. Since Wakix may take time to work, your PANTHERx team assesses your Epsworth Sleepiness Scale (ESS) score to better observe your progress with how Wakix is impacting your EDS. The ESS questionnaire below may be used to keep track of your progress when starting Wakix. If your score stays the same or gets worse, call your doctor or pharmacist for guidance on steps you can take to see further improvement.

Monitoring Your Epsworth Sleepiness Scale (ESS) Score:

In the following situations, how likely are you to doze off or fall asleep rather than just feel tired?

Situation	Chance							
Date								
Sitting and reading								
Watching TV								
Sitting inactive in a public place								
Being a passenger in a car for an hour								
Lying down in the afternoon								
Sitting and talking to someone								
Sitting quietly after lunch (no alcohol)								
Stopping for a few minutes in traffic while driving								
Total ESS score								

Use this scale to answer the questions:

0 = would never doze off or sleep
1 = slight chance of dozing off or sleeping
2 = moderate chance of dozing off or sleeping
3 = high chance of dozing off or sleeping

Understanding your ESS score:

0-10 = normal range in healthy adults
11-14 = mild sleepiness
15-17 = moderate sleepiness
18 or higher = severe sleepiness

Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. Sleep. 1991 Dec;14(6):540-5. doi: 10.1093/sleep/14.6.540. PMID: 1798888.
Epworth Sleepiness Scale contact information and permission to use: Mapi Research Trust, Lyon, France https://eprovide.mapi-trust.org

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Questions? Contact your Wakix RxARECARE® Team.

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