

Evidence and guidance  
in treating adults with  
long-term insomnia

Published 2023

TA922

# Evidence and guidance for the use of QUVIVIQ™▼ (daridorexant) in treating adults with long-term insomnia

Daridorexant for treating long-term insomnia [TA922]  
(published 18th October 2023)

**This summary of NICE technology appraisal guidance TA922 is funded by Idorsia Pharmaceuticals Ltd and is intended for UK healthcare professionals only.**

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This document aims to explain the role of daridorexant for the treatment of long-term insomnia.

Daridorexant is indicated for the treatment of adult patients with insomnia characterised by symptoms present for at least 3 months and a considerable impact on daytime functioning.<sup>2</sup>

## **NICE recommendation for daridorexant<sup>1</sup>**

Daridorexant is recommended for treating insomnia in adults with symptoms lasting for 3 nights or more per week for at least 3 months, and whose daytime functioning is considerably affected, only if:

- Cognitive behavioural therapy for insomnia (CBTi) has been tried but not worked, or
- CBTi is not available or is unsuitable

The length of treatment should be as short

as possible. Treatment with daridorexant should be assessed within 3 months of starting and should be stopped in patients whose long-term insomnia has not responded adequately. If treatment is continued, assess whether it is still working at regular intervals.

This recommendation is not intended to affect treatment with daridorexant started in the NHS prior to the publication of this guidance.<sup>1</sup> Patients receiving treatment outside this recommendation may continue without change to the funding arrangements in place for them before this guidance was published, until they and their NHS clinician consider it appropriate to stop.<sup>1</sup>

## **Treatment pathway for insomnia**

Patients with long-term insomnia are offered sleep hygiene advice, followed by CBTi as the recommended first-line treatment.<sup>1</sup> Access to CBTi varies geographically, with some patients experiencing difficulties accessing this treatment. Clinical experts state that CBTi has a 70% to 80% response rate, and roughly 50% of people whose condition responds positively to it experience long-term

**Table 1**  
**Inclusion and exclusion criteria for participants in study 301 and 303**

Inclusion criteria	Exclusion criteria
<ul style="list-style-type: none"> <li>• A diagnosis of insomnia disorder (referred to as long-term insomnia in this guidance) according to the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5) criteria</li> <li>• An ISI score of at least 15</li> </ul>	<ul style="list-style-type: none"> <li>• Concomitant CBTi unless started at least 1 month before visit 3 (baseline time point) and continued throughout the study</li> <li>• Mental health conditions diagnosed by the Mini International Neuropsychiatric Interview as 'acute or unstable'</li> <li>• Concomitant CYP3A4 inhibitors</li> </ul>

remission.<sup>1</sup> However, patients may either not have access to online CBTi, or struggle to use it.<sup>1</sup> NICE medical technologies guidance also recommends Sleepio – a self-help digital sleep improvement program for insomnia and associated symptoms.<sup>3</sup> Following NICE guidance, daridorexant is now recommended for the treatment of adult patients with insomnia characterised by symptoms present for at least 3 months and considerable impact on daytime functioning if CBTi has been tried but hasn't worked, or if CBTi is not available or is unsuitable.<sup>1</sup>

### Clinical trial results for daridorexant<sup>1</sup>

The clinical effectiveness of daridorexant 50mg was assessed in study 301 and extension study 303, with additional evidence assessing the clinical effectiveness of daridorexant 25mg presented in studies 302 and 201.

### Clinical effectiveness of daridorexant 50mg

#### Study 301

Study 301 was a phase 3 double-blind randomised controlled trial with 930 people with long-term insomnia. Eligible participants (see table 1 for inclusion/exclusion criteria) were randomly assigned to have daridorexant 25mg (n=310), daridorexant 50mg (n=310) or placebo (n=310) for 12 weeks. Ethnicity of participants was 89.5% White, 9.5% Black,

and 1.0% Asian. The primary efficacy endpoints were change in objective wake after sleep onset (WASO) from baseline to month 1 and month 3 and change in objective latency to persistent sleep (LPS) from baseline to month 1 and month 3. An insomnia severity index (ISI) score was used as an exploratory outcome and informed economic modelling.

#### Clinical effectiveness of daridorexant 50mg on WASO and LPS

Study 301 showed greater reductions from baseline in WASO and LPS for daridorexant 50mg compared with placebo at month 1 and 3 (table 2).

**Table 2**  
**Clinical effectiveness of daridorexant 50mg on WASO and LPS**

	LSM difference between 50mg daridorexant and placebo	
	Month 1	Month 3
<b>WASO</b>	22.78 minutes (p<0.0001)	18.30 minutes (p<0.0001)
<b>LPS</b>	11.35 minutes (p<0.0001)	11.67 minutes (p<0.0001)

LPS: latency to persistent sleep; LSM: least squares mean; WASO: wake after sleep onset

### Effect of daridorexant 50mg on ISI score

In study 301, reductions from baseline in ISI score were greater for daridorexant 50mg than placebo at both month 1 and month 3 (table 3). At 3 months, a between-arm analysis for ISI score showed a mean difference of -1.8 (95% confidence interval 2.74 to -0.85).

**Table 3**  
**Effect of daridorexant 50mg on ISI score**

	Reduction from baseline in mean ISI score	
	Month 1	Month 3
<b>DARIDOREXANT</b>	4.9 (SD 5.5)	7.2 (SD 6.5)
<b>PLACEBO</b>	3.1 (SD 4.7)	5.4 (SD 5.7)

ISI: insomnia severity index; SD: standard deviation

### Effect of daridorexant 50mg on other exploratory outcomes

For most exploratory outcomes, daridorexant 50mg showed a statistically significant reduction in insomnia compared with placebo at 3 months, but the benefits for some outcomes did not persist at 12 months (the exact outcomes are considered confidential and cannot be reported here). As there were no clinical data beyond 12 months, there is uncertainty about the duration and extent of benefit of treatment beyond 12 months.

### Clinical effectiveness of daridorexant 25mg

#### Study 201

Study 201 was a phase 2, randomised, double-blind, placebo-controlled, and active-controlled dose-response study for patients with long-term insomnia (n=360). Participants were randomised to have placebo (n=60), daridorexant 5mg (n=60), 10mg (n=59), 25mg (n=60), 50mg (n=61) or zolpidem 10mg (n=60) for 30 days.

#### Study 302

Study 302 was a phase 3 double-blind randomised controlled trial. 924 patients with long-term insomnia were randomly assigned to have daridorexant 10mg (n=307), daridorexant 25mg (n=309) or placebo (n=308) for 12 weeks.

### Clinical effectiveness of daridorexant 25mg on WASO and LPS

Studies 201 and 302 showed greater reductions from baseline in WASO for daridorexant 25mg compared with placebo (table 4). For LPS, both studies showed improvement from baseline for daridorexant 25mg compared with placebo, however this was not statistically significant at month 1 or 3 in study 302.

**Table 4**  
**Clinical effectiveness of daridorexant 25mg on WASO**

	LSM difference between 25mg daridorexant and placebo		
	Days 1 & 2	Month 1	Month 3
<b>WASO</b>	-16.2 minutes (p=0.007)	-11.62 minutes (p=0.0001)	10.25 minutes (p=0.0028)

LSM: least squares mean; WASO: wake after sleep onset



### Effect of daridorexant 25mg on ISI score

The absolute change in ISI score from baseline to day 30 was similar between placebo and daridorexant in study 201 (table 5). In study 301, the absolute change from baseline to month 3 was similar between placebo and daridorexant (table 5). In study 302, daridorexant 25mg demonstrated greater reduction in mean ISI scores from baseline at both month 1 and month 3 compared with placebo (table 5).

**Table 5**  
**Effect of daridorexant 25mg on ISI score**

	Absolute change in ISI score		
	Baseline to day 30 (study 201)	Baseline to month 3 (study 301)	Baseline to month 1 and month 3 (study 302)
<b>DARIDOREXANT</b>	-7.9 (SD 5.9)	-6.0 (SD 5.8)	-5.1 (SD 5.2) and -6.9 (SD 6.0)
<b>PLACEBO</b>	-7.7 (SD 5.4)	-5.4 (SD 5.7)	-3.8 (SD 4.6) and -5.4 (SD 5.5)

ISI: insomnia severity index; SD: standard deviation

### Effect of daridorexant 25mg on other exploratory outcomes

In study 201, the 25mg daridorexant dose showed higher mean self-reported visual analogue scale (VAS) scores for sleep quality, morning sleepiness, and daytime alertness compared with placebo. In summary, daridorexant 25mg was less clinically effective than 50mg. In study 302, subjective assessments of insomnia severity and sleep quality indicated benefits for daridorexant 25mg. Changes from baseline in VAS scores

from the Sleep Disorders Questionnaire (SDQ; quality and depth of sleep, daytime alertness, ability to function) were greater for daridorexant 25mg than for placebo.

### Study 303

Study 303 was primarily a comparative safety study that included placebo-controlled subjective outcomes to assess the long-term maintenance effect of daridorexant (see table 1 for inclusion/exclusion criteria). Participants in study 303 had already been participants in either study 301 or study 302. Participants who received daridorexant in study 301 or 302 continued to receive the same dose, either 25mg (n=268) or 50mg (n=137). Those assigned to placebo in study 301 or study 302 were re-randomised to have either placebo (n=128) or daridorexant 25mg (n=126). Ethnicity of participants was 89.5% White, 8.5% Black, and 1.0% Asian. The treatment period lasted 40 weeks in study 303 (total follow-up time from study 301 and study 303 was 12 months). The primary outcome measure was the total number of people with at least 1 treatment-emergent adverse event. An ISI score was used as an exploratory efficacy outcome and informed the economic modelling.

### Safety results

Although daridorexant has a better safety profile than some other treatments, some are considered equally safe. There were no additional safety advantages or concerns associated with the 25mg daridorexant dose compared with the 50mg daridorexant dose (table 6).

### Longer-term treatment effect of daridorexant

The long-term effect of daridorexant is uncertain, due to a lack of trial evidence on daridorexant treatment effect beyond 12 months.

**Table 6**  
**Adverse event reporting**

**Participants with treatment-emergent adverse events**

	Study 301	Study 303
DARIDOREXANT 25MG	37.7%	37.7%
DARIDOREXANT 50MG	37.7%	38.0%
PLACEBO	34.0%	33.6%
EX-PLACEBO TO 25MG ARM	–	38.1%

**Participants with treatment-emergent serious adverse events**

	Study 301	Study 303
DARIDOREXANT 25MG	0.6%	4.5%
DARIDOREXANT 50MG	1.0%	5.1%
PLACEBO	2.3%	1.6%
EX-PLACEBO TO 25MG ARM	–	3.2%

**Posology of daridorexant for treating long-term insomnia**

Daridorexant 25mg is indicated for people with moderate liver impairment or who are taking moderate CYP3A4 inhibitor drugs. In clinical practice, clinical experts state that GPs are likely to start from the lower 25mg dose and titrate up to the 50mg dose if necessary. Based on clinical expert opinion, the committee considered that people without liver problems or not taking CYP3A4 inhibitor drugs may still start on the 25mg dose.

**Prescribing of daridorexant for long-term insomnia**

The NICE evaluation committee noted that daridorexant would be offered mainly in primary care by GPs.

**Cost effectiveness analysis of daridorexant for long-term insomnia**

Accounting for some uncertainty about the cost-effectiveness modelling assumptions for daridorexant and its benefits compared with placebo beyond 12 months, the most plausible incremental cost-effectiveness ratio was sufficiently close to the threshold NICE considered to be an acceptable use of NHS resources.

**Implementation**

Integrated care boards, NHS England and local authorities are required to comply with recommendations in the NICE guidance within 3 months of its date of publication. When NICE recommends a treatment 'as an option', the NHS must make sure it is available within this period. Therefore, if a patient has long-term insomnia and the doctor responsible for their care thinks that daridorexant is the right treatment, it should be available for use, in line with NICE's recommendations.



### Key points

- Clinical trial evidence shows that daridorexant improves symptoms of insomnia compared with placebo at 3 months, with data out to 12 months, and provides a valuable treatment option for clinicians.
- Daridorexant is recommended for treating insomnia in adults with symptoms lasting for 3 nights or more per week for at least 3 months, and whose daytime functioning is considerably affected, only if CBTi has been tried but not worked, or CBTi is not available or is unsuitable.
- The NICE evaluation committee noted that daridorexant would be offered mainly in primary care by GPs.

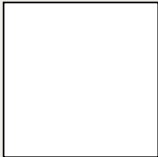
### The importance of treating insomnia

Long-term insomnia has both night-time symptoms and an effect on daytime functioning, which can substantially affect quality of life. Comments from a patient expert described insomnia as more than just struggling to sleep – insomnia has adverse effects on mental and physical health, emotional wellbeing, and social relationships. The patient expert also highlighted that people with insomnia may receive different care depending on where they live.

### References

1. NICE. *Daridorexant for treating long-term insomnia* [TA922]. 2023. Available at: <https://bit.ly/3uBX0Sh>. Accessed January 2025.
2. QUVIVIQ™ Idorsia Pharmaceuticals LTD, Summary of Product Characteristics.
3. NICE. *Sleepio to treat insomnia and insomnia symptoms*. 2022. Available at: <https://bit.ly/47JWqjS>. Accessed January 2025.

### Prescribing information and adverse event reporting



Scan or click the QR code to access the QUVIVIQ™ prescribing information and adverse event reporting information.

Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Adverse events should also be reported to [ds.safety.uk@idorsia.com](mailto:ds.safety.uk@idorsia.com)

