

Insomnia Agents Step Therapy Drug List A

Drug(s) Applied:	Belsomra (suvorexant), Dayvigo (lemborexant)
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Criteria:

Drug(s) Applied will be approved when the requested medication is being used for an FDA approved indication and all of the following criteria are met:

I. Initial Therapy Criteria

A. Insomnia

1. If for Belsomra, must try/fail Dayvigo **and**
2. ONE of the following:
 - a) Patient's medication history includes use of 3 formulary generic nonbenzodiazepine hypnotic agents including melatonin in the past 120 days **or**
 - b) Patient has an FDA labeled contraindication to ALL of the following:
 - (1) ALL formulary generic nonbenzodiazepine hypnotic agents (i.e. eszopiclone, zaleplon, zolpidem), including melatonin **and**
 - (2) At least one formulary generic benzodiazepine hypnotic agent

Approval Duration: Belsomra 3 months; Dayvigo 12 months

II. Continued Therapy Criteria

A. Insomnia

1. Patient meets the initial therapy criteria above **and**
2. Patient's medication history includes use of requested agent within the past 60 days

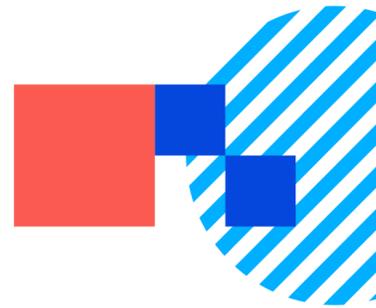
Approval Duration: Belsomra 3 months; Dayvigo 12 months

References:

1. Belsomra prescribing information. Merck & Co., Inc. May 2022.
1. Dayvigo prescribing information. Eisai Inc. February 2025.
2. Sateia, Michael J, MD, et al. Clinical Practice Guidelines for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. *Journal of Clinical Sleep Medicine*. 2017. 13 (2): 307-349.

Policy Owned by: Curative PBM team





Document History

Approval Date	Approved By	Notes
09/2022	P&T Committee	Initial criteria review
10/2023	P&T Committee	Annual review with changes
08/2025	P&T Committee	Annual review with changes; added Dayvigo; Belsomra to be removed 1/1/26
11/2025	Administrative	Updated approval duration for Belsomra

