Effective Date: 7/1/2022
Reviewed: 8/2020, 4/2021, 3/2022, 6/2022, 4/2023, 3/2024, 4/2025 Scope: Medicaid

Belsomra (suvorexant)
Dayvigo (lemborexant)
Quviviq (daridorexant)

I. CRITERIA FOR APPROVAL

An authorization may be granted when all the following criteria are met:

A. The member has a diagnosis of insomnia disorder as characterized by the DSM-V (difficulty with sleep onset or sleep maintenance), **AND**
B. Member is at least 18 years of age, **AND**
C. Potential factors contributing to sleep disturbances have been addressed or are currently being addressed (e.g., inappropriate sleep hygiene and sleep environment issues) as well as treatable medical/psychiatric disorders that are co-morbid with insomnia; **AND**
D. Member meets one of the following:
    1. Member has experienced an inadequate treatment response, intolerance, or contraindication to at least three formulary alternatives (i.e., zolpidem, trazodone, temazepam, etc.),
    2. Member has a documented history of known substance use disorder and/or is receiving current treatment for addiction, in which case most formulary alternatives may be deemed inappropriate,
    3. Provider is a sleep specialist with appropriate reasoning and supporting documentation for not prescribing a formulary alternative
E. If requesting Quviviq, member has also experienced an inadequate treatment response, intolerance, or contraindication to Dayvigo or Belsomra

II. CONTINUATION OF THERAPY

Authorization of 12 months may be granted for all members who meet all initial criteria and who achieve and maintain positive clinical response after at least 6 months of therapy with Belsomra, Dayvigo, or Quviviq as evidenced by an improvement in sleep onset and/or sleep maintenance.

III. QUANTITY LIMIT

- Belsomra, Dayvigo, Quviviq: 1 tablet per day

IV. COVERAGE DURATION

- 12 months

V. REFERENCES

1. Belsomra [package insert]. Whitehouse Station, New Jersey: Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc.; March 2025.
2. Dayvigo [package insert]. Woodcliff Lake, New Jersey: Eisai; February 2025.
3. Quviviq [package insert]. Randor, Pennsylvania: Idorsia Pharmaceuticals US Inc.; October 2024.