

# Tips for Living With Narcolepsy



## Keep a journal or diary

Tracking your symptoms and sleep patterns can help you and your healthcare provider better understand your narcolepsy.



## Maintain a regular sleep-wake schedule

Go to bed at the same time every night and wake up at the same time every morning.



## Take short naps during the day

Brief morning or afternoon naps (about 15 minutes) may help you feel less sleepy later in the day.



## Move your body

Physical activity can help with fighting the urge to fall asleep.



## Limit alcohol and caffeine, especially in the evening

Alcoholic drinks and caffeinated beverages can interfere with normal sleep patterns.



## Reduce stress

Join a wellness program or practice mindfulness by focusing on the present.



## Connect with others living with narcolepsy

You are not alone. Find narcolepsy support groups at [WAKIX.com](http://WAKIX.com)

*This information does not take the place of talking with your healthcare provider. Always talk to your healthcare provider about any symptoms you may be feeling.*

## Indications and Usage

WAKIX® (pitolisant) is a prescription medicine used to treat excessive daytime sleepiness (EDS) or sudden onset of weak or paralyzed muscles (cataplexy) in adults with narcolepsy.

## Important Safety Information

**Do not take WAKIX if you are allergic to pitolisant or any ingredient in WAKIX, or if you have severe liver disease.**

**Please see Important Safety Information continued on next page and accompanying [Full Prescribing Information](#).**

**Wakix**<sup>®</sup>  
pitolisant tablets

## Important Safety Information (continued)

**Tell your healthcare provider about all your medical conditions, including if you have heart rhythm irregularities, were born with a heart condition, or the levels of electrolytes in your blood are too high or too low.** WAKIX® (pitolisant) has an effect on the electrical activity of the heart known as QT/QTc prolongation. Medicines with this effect can lead to disturbances in heart rhythm, which are more likely in patients with risk factors such as certain heart conditions, or when taken in combination with other medicines that affect QT. Tell your healthcare provider about all the other medicines you take.

The risk of QT prolongation may be greater in patients with liver or kidney disease. WAKIX is not recommended in patients with end-stage kidney disease.

**The most common side effects seen with WAKIX** were insomnia, nausea, and anxiety. Other side effects included headache, upper respiratory infection, musculoskeletal pain, heart rate increased, and decreased appetite. These are not all the possible side effects of WAKIX. Tell your healthcare provider about any side effect that bothers you or that does not go away.

**Tell your healthcare provider about all the medicines you take or plan to take, including prescription and over-the-counter medicines.** Some medicines can increase the amount of WAKIX that gets into your blood and some medicines can decrease the amount of WAKIX that gets into your blood. The dosage of WAKIX may need to be adjusted if you are taking these medicines.

WAKIX can also decrease the effectiveness of some medicines, including hormonal birth control methods. You should use an alternative non-hormonal birth control method during treatment with WAKIX and for at least 21 days after discontinuation of treatment.

**Tell your healthcare provider if you are pregnant or planning to become pregnant.** There is a pregnancy exposure registry that monitors pregnancy outcomes in women who are exposed to WAKIX during pregnancy. You are encouraged to enroll in the WAKIX pregnancy registry if you become pregnant while taking WAKIX. To enroll or obtain information from the registry, call 1-800-833-7460.

**The safety and effectiveness of WAKIX have not been established in patients less than 18 years of age.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. You can also report negative side effects to Harmony Biosciences at 1-800-833-7460.

Please see accompanying [Full Prescribing Information](#).



For More Information  
visit [WAKIX.com](http://WAKIX.com)



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US-WAK-2200110/Jul 2022

