

<b>Table 33: Sleep Medications</b> (also see prescribing information)		
→ Non-benzodiazepine “Z-drugs,” melatonin, ramelteon, suvorexant		
<b>Class or Drug</b>	<b>Mechanism of Action</b>	<b>Clinical Comments</b>
<ul style="list-style-type: none"> <li>• NRTIs</li> <li>• Dolutegravir (DTG)</li> <li>• Bictegravir (BIC)</li> <li>• Cabotegravir (CAB)</li> <li>• Raltegravir (RAL)</li> <li>• Rilpivirine (RPV)</li> <li>• Doravirine (DOR)</li> <li>• Fostemsavir (FTR)</li> </ul>	No significant interactions reported.	No dose adjustments are necessary.
Elvitegravir (EVG), boosted	<ul style="list-style-type: none"> <li>• Suvorexant is a CYP3A substrate.</li> <li>• COBI inhibits CYP3A.</li> <li>• <b>Zolpidem, eszopiclone:</b> These drugs are CYP3A substrates and may be increased by strong inhibitors of this enzyme.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Suvorexant:</b> Avoid concomitant use or use lowest effective dose (may increase somnolence, dizziness, and risk of sleep hangover).</li> <li>• <b>Zolpidem:</b> Administer lowest possible dose of zolpidem; monitor for adverse effects.</li> <li>• <b>Eszopiclone:</b> Start with 1 mg of eszopiclone at bedtime and titrate slowly to achieve clinical effect.</li> </ul>
Boosted PIs	<ul style="list-style-type: none"> <li>• <b>Zolpidem, suvorexant:</b> Boosted PIs may increase zolpidem and suvorexant concentrations.</li> <li>• <b>Ramelteon:</b> RTV-boosted PIs may reduce ramelteon efficacy.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Zolpidem:</b> Administer lowest effective dose; monitor for adverse effects, including excess sedation.</li> <li>• <b>Eszopiclone:</b> Start with 1 mg per day and titrate slowly to achieve clinical effect; monitor for adverse effects, including excess sedation.</li> <li>• <b>Suvorexant:</b> Coadministration is not recommended (may increase somnolence, dizziness, and risk of sleep hangover); use alternative sleep medication or ARV.</li> <li>• <b>Ramelteon:</b> Monitor for efficacy in cigarette smokers.</li> </ul>
<ul style="list-style-type: none"> <li>• Efavirenz (EFV)</li> <li>• Etravirine (ETR)</li> </ul>	<b>Zolpidem:</b> EFV and ETR may reduce zolpidem concentrations.	<ul style="list-style-type: none"> <li>• <b>Zolpidem, eszopiclone:</b> Monitor for efficacy; no dose adjustments are recommended.</li> <li>• <b>Suvorexant:</b> Monitor for efficacy; do not exceed 20 mg per day.</li> </ul>
<b>Abbreviations:</b> ARV, antiretroviral; NRTI, nucleoside reverse transcriptase inhibitor; PI, protease inhibitor; RTV, ritonavir.		