



Resource: ART Drug-Drug Interactions

April 2023

| Table 32: Sleep Medications (also see drug package inserts) | | |
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| → Non-benzodiazepine “Z-drugs,” melatonin, ramelteon, suvorexant | | |
| Class or Drug | Mechanism of Action | Clinical Comments |
| <ul style="list-style-type: none"> • NRTIs • Dolutegravir (DTG) • Bictegravir (BIC) • Cabotegravir (CAB) • Raltegravir (RAL) • Rilpivirine (RPV) • Doravirine (DOR) • Fostemsavir (FTR) | No significant interactions reported. | No dose adjustments are necessary. |
| Elvitegravir (EVG), boosted | <ul style="list-style-type: none"> • Suvorexant is a CYP3A substrate. • COBI inhibits CYP3A. • Zolpidem, eszopiclone: These drugs are CYP3A substrates and may be increased by strong inhibitors of this enzyme. | <ul style="list-style-type: none"> • Suvorexant: Avoid concomitant use or use lowest effective dose (may increase somnolence, dizziness, and risk of sleep hangover). • Zolpidem: Administer lowest possible dose of zolpidem; monitor for adverse effects. • Eszopiclone: Start with 1 mg of eszopiclone at bedtime and titrate slowly to achieve clinical effect. |
| Boosted PIs | <ul style="list-style-type: none"> • Zolpidem, suvorexant: Boosted PIs may increase zolpidem and suvorexant concentrations. • Ramelteon: RTV-boosted PIs may reduce ramelteon efficacy. | <ul style="list-style-type: none"> • Zolpidem: Administer lowest effective dose; monitor for adverse effects, including excess sedation. • Eszopiclone: Start with 1 mg per day and titrate slowly to achieve clinical effect; monitor for adverse effects, including excess sedation. • Suvorexant: Coadministration is not recommended (may increase somnolence, dizziness, and risk of sleep hangover); use alternative sleep medication or ARV. • Ramelteon: Monitor for efficacy in cigarette smokers. |
| <ul style="list-style-type: none"> • Efavirenz (EFV) • Etravirine (ETR) | Zolpidem: EFV and ETR may reduce zolpidem concentrations. | <ul style="list-style-type: none"> • Zolpidem, eszopiclone: Monitor for efficacy; no dose adjustments are recommended. • Suvorexant: Monitor for efficacy; do not exceed 20 mg per day. |
| Abbreviations: ARV, antiretroviral; NRTI, nucleoside reverse transcriptase inhibitor; PI, protease inhibitor; RTV, ritonavir. | | |