



## Resource: ART Drug-Drug Interactions

August 2024

| Table 33: Sleep Medications (also see drug package inserts)   |  |   |
|---|--|---|
| → Non-benzodiazepine “Z-drugs,” melatonin, ramelteon, suvorexant  |  |   |
| Class or Drug   | Mechanism of Action  | Clinical Comments   |
| <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.  |  |   |