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PSYCHIATRY

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PATIENT EDUCATION

Armodafinil

Nuvigil / Generic tablets

A guide for adults taking armodafinil.
Follow the directions on your prescription and your provider's recommendations.

ADULTS • SCHEDULE IV

TABLETS: 50, 150, 200, 250 MG

Formulations: Oral tablets are generally taken in the morning for narcolepsy or sleep apnea, or before a work shift for shift-work disorder. Follow the timing prescribed for your condition.

What it is used for

Armodafinil improves wakefulness in adults with excessive sleepiness from narcolepsy, obstructive sleep apnea, or shift-work disorder.

For sleep apnea, it treats residual sleepiness; it does not keep the airway open. Continue CPAP or other prescribed treatment.

How it works

It affects wakefulness pathways, including dopamine transport. Feeling more awake does not guarantee normal reaction time or make sleep deprivation safe.

What to expect over time

Wakefulness may improve on a day you take it. Your provider should review whether sleepiness is sufficiently controlled and whether treatment affects sleep, mood, or blood pressure.

Taking your medication

- Take with or without food. Do not add a late dose to extend the day.
- If you miss a dose, consult with your pharmacist about timing rather than taking it near bedtime. Do not double.
- Do not drive if you remain sleepy or feel impaired. Continue your sleep and driving-safety plan.

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ARMODAFINIL / 02

Side effects and safety

Possible side effects

- Headache or nausea
- Insomnia, anxiety, or feeling jittery
- Dizziness or dry mouth

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Have blood pressure and pulse checked. Report chest symptoms, persistent insomnia, anxiety, or mood changes.

Misuse and physical dependence are possible. Discuss stopping after regular use rather than assuming that withdrawal cannot occur.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss heart disease, high blood pressure, liver disease, depression, mania, psychosis, and substance use. Do not use after a serious reaction to modafinil or armodafinil.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Some hormonal contraceptives may become less effective. U.S. labeling recommends an additional barrier or nonhormonal method during treatment and for one month afterward; review your specific method with your provider.

Armodafinil can affect medicines such as cyclosporine, diazepam, phenytoin, and certain antidepressants. Avoid alcohol and review other stimulants.

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Living with your treatment

When to get help

Emergency symptoms. Stop taking it and seek urgent medical assessment for a new rash, blistering, mouth sores, fever with swelling, or signs of liver injury. Call 911 for breathing difficulty, throat swelling, or collapse.

Prompt medical advice. Contact your provider right away for hallucinations, mania, severe anxiety, chest symptoms, or worsening depression.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Does it replace sleep or CPAP?
No. Continue treatment for the sleep disorder and allow enough time to sleep. Persistent sleepiness needs reassessment.

Can I take it only on difficult days?
Follow the schedule prescribed for your diagnosis. Shift-work dosing and daily treatment have different instructions.

Everyday tips

Keep a sleep and alertness record, including drowsiness while driving.

Discuss contraception before starting or changing treatment.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

DailyMed: Armodafinil prescribing information (2026)

Educational handout; does not replace your prescription or provider's recommendations.