

MODAFINIL (PROVIGIL) AND ARMODAFINIL (NUVIGIL)

MEDICATION CLASS: Histamine modulators; Dopamine Reuptake Inhibitor; Psychostimulants

HALF-LIFE:

Modafinil: 10-12 hours

Armodafinil: 15 hours

METABOLISM: Liver. Excreted renally.

DURATION OF CLINICAL ACTION: Variable

STARTING DOSE:

Modafinil: 50mg-100mg in the morning

Armodafinil: 150mg-250mg in the morning

TARGET DOSING RANGE:

Modafinil: 100mg-200mg per day

Armodafinil: 150mg-250mg per day

BEST TIME TO DOSE: Morning

HOW TO DOSE:

Modafinil: 50mg-100mg PO every morning. Increase to 200mg per day. Max dose 800mg/day.

Armodafinil: 150mg-250mg in the morning

SIDE EFFECTS: Insomnia, Headache (dose-dependent), Anxiety/Nervousness, Nausea, Dry Mouth, Diarrhea, Rhinitis, Pharyngitis, Palpitations, Hypertension, rash, Steven-Johnson Syndrome (RARE)

NOTABLE INTERACTIONS:

Modafinil: Inhibits CYP2C19 and CYP2C9; Induces CYP3A4, CYP1A2, and CYP2B6

Armodafinil: Inhibits CYP2C19; Induces CYP3A4 and CYP1A2

PREGNANCY/BREASTFEEDING: Minimal data on safety

FDA INDICATIONS:

- 1) Narcolepsy
- 2) Shift-work sleep disorder
- 3) Sleep apnea

Off label: ADHD, chronic fatigue, fibromyalgia, Bipolar depression; Multiple Sclerosis (fatigue), Jetlag

MECHANISM(S) OF ACTION: Inhibition of dopamine transporters. Promotion of histamine release from hypothalamus.