

Setting Treatment Goals That Matter to You

Establishing treatment goals is a good way to know where you hope to be headed during treatment with WAKIX for excessive daytime sleepiness (EDS) or cataplexy in narcolepsy. When you're thinking about what kind of goals you want to set, think about why you and your healthcare provider chose WAKIX. Then take some time to write down some specific goals that are achievable.

Look at the example filled out below to see how to set specific, realistic treatment goals. Then complete the blank form on the next page to try it for yourself. Be sure to share this information with your healthcare provider as you have discussions about your treatment.

Think about your reason

Why did you and your healthcare provider choose WAKIX?

Example:

I've made changes to my daily routine to help my EDS, but I still think it could get better. I want to see if WAKIX will help.

Make it specific

It's easier to track your progress with a specific goal and it helps to break down your goals into smaller, easier steps.

Keep in mind your goals don't have to be treatment related—they can be anything you want to achieve, such as:

- Read a book for 30 minutes without dozing
- Stay awake while sitting and talking for an hour
- Sitting through a half-hour meeting without falling asleep

Check in

- After a few weeks, look back to see if you're making progress and continue to check in routinely
- Don't worry if you're not seeing improvements at first—it may take time to get there
- Changes can be small or subtle, so it may help to ask a family member or friend to help track your progress



My treatment goal is:

Example

Watch a movie in the afternoon without falling asleep.

This goal is important to me because:

I want to be able to spend time with my family watching movies.

Check in:

2/18

This is how it's going and how I feel about it:

We went to a matinee and I stayed awake. It was so exciting!

Indications and Usage

WAKIX is a prescription medicine used to treat:

- excessive daytime sleepiness (EDS) or cataplexy in adults with narcolepsy.
- excessive daytime sleepiness (EDS) in children 6 years of age and older with narcolepsy.

Important Safety Information

Do not take WAKIX if you are allergic to pitolisant or any ingredient in WAKIX, or if you have severe liver disease.

Please see Important Safety Information continued on the next page and accompanying [Full Prescribing Information](#).

Go to the next page to write your own goals →

Now it's your turn!

Identify 1 or 2 goals that you'd like to reach during treatment with WAKIX.

Start by writing down the reason you and your healthcare provider chose WAKIX.



My treatment goal is:

This goal is important to me because:

Check in:

This is how it's going and how I feel about it:



My treatment goal is:

This goal is important to me because:

Check in:

This is how it's going and how I feel about it:

Write down any notes or additional thoughts you have about your goals.



Put it on your calendar: Consider putting a weekly reminder on your calendar to check in on your goals so you can track your progress.

Important Safety Information (continued)

WAKIX can cause a change in the electrical activity of the heart known as QT prolongation. This is a heart rhythm problem that can lead to an abnormal heartbeat. You have a higher chance of getting QT prolongation if you have certain heart or other medical conditions, or if you take WAKIX with certain medicines. Tell your healthcare provider right away if you have a change in your heartbeat or if you feel dizzy or faint while taking WAKIX.

Tell your healthcare provider about all your medical conditions, including if you have any heart, liver, or kidney problems, or problems with blood levels of your electrolytes, such as potassium or magnesium.

Please see Important Safety Information continued on the next page and accompanying [Full Prescribing Information](#).

Go to the next page to write additional goals →

Keep going—write down additional goals you want to achieve

Identify 1 or 2 additional goals you'd like to reach during treatment with WAKIX.



My treatment goal is:

This goal is important to me because:

Check in:

This is how it's going and how I feel about it:



My treatment goal is:

This goal is important to me because:

Check in:

This is how it's going and how I feel about it:

What are your goals telling you?

In addition to establishing goals, it can help to reflect back on overall changes you are experiencing. Before every healthcare appointment, circle the questions you want to ask below, and add any additional questions you have as well:

Every week or so, ask yourself these questions:

- What am I able to do that I couldn't do before?
- How is WAKIX helping me achieve my goals?
- How do those changes make me feel?
- What changes have my loved ones noticed?



Share your goals and your progress toward them with your healthcare provider. Together, you can use this information to discuss your treatment.

Important Safety Information (continued)

Tell your healthcare provider about all the medicines you take or plan to take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking WAKIX with certain medicines may cause side effects or affect the way each other works.

Hormonal birth control methods may not work while taking WAKIX. Use an alternative non-hormonal birth control method during treatment with WAKIX and for at least 21 days after stopping WAKIX.

Please see Important Safety Information continued on the next page and accompanying [Full Prescribing Information](#). →

Important Safety Information (continued)

Tell your healthcare provider if you are pregnant or planning to become pregnant. You are encouraged to enroll in the WAKIX pregnancy registry if you become pregnant while taking WAKIX. The registry collects information about the health of you and your baby. To enroll or obtain information from the registry, call 1-800-833-7460.

The most common side effects of WAKIX in adults include insomnia, nausea, and anxiety.

The most common side effects of WAKIX in children include headache and insomnia.

These are not all the possible side effects of WAKIX. Call your healthcare provider for medical advice about side effects.

It is not known if WAKIX is safe and effective to treat excessive daytime sleepiness in children under 6 years of age with narcolepsy or to treat cataplexy in people under 18 years of age with narcolepsy.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. You can also report negative side effects to Harmony Biosciences at 1-800-833-7460.

Please see accompanying [Full Prescribing Information](#).