

NYRx Drug Class Coverage Overview: Sedative Hypnotics

NYRx Preferred Drug List

Drugs in the Sedative Hypnotics/Sleep Agents drug class are included on the [NYRx Preferred Drug List \(PDL\)](#) and are subject to prior authorization (PA) requirements of the [NYRx Drug Utilization Review \(DUR\) Program](#):

Prior Authorization Requirements

Preferred drugs will not require PA if the correct Frequency/Quantity/Duration (F/Q/D) limits are met at the time of pharmacy claim submission. Non-preferred drugs in these classes require PA unless indicated otherwise.

Preferred Drugs	Non-Preferred Drugs	Coverage Parameters														
IV. Central Nervous System																
Sedative Hypnotics/Sleep Agents <i>F/Q/D</i>																
estazolam <i>CC</i> eszopiclone ramelteon (gen Rozerem®) temazepam 15 mg, 30 mg <i>CC</i> zolpidem tablet <i>CC</i> zolpidem ER <i>CC</i>	Ambien® <i>CC</i> Ambien CR® <i>CC</i> Belsomra® Dayvigo™ Doral® <i>CC</i> doxepin Edluar® <i>CC</i> flurazepam <i>CC</i> Halcion® <i>CC</i> Lunesta® <i>CC</i> quazepam <i>CC</i> (gen Doral®) Quviviq™ Restoril® <i>CC</i> Rozerem® temazepam 7.5 mg, 22.5 mg <i>CC</i> triazolam <i>CC</i> zaleplon zolpidem sublingual, capsule <i>CC</i>	DOSE OPTIMIZATION (DO) <ul style="list-style-type: none">See Dose Optimization Chart for affected strengths CLINICAL CRITERIA (CC) <ul style="list-style-type: none">Zolpidem products: Confirm dosage is consistent with FDA labeling for initial prescriptionsBenzodiazepine Agents (estazolam, Doral®, flurazepam, Halcion®, quazepam, Restoril®, temazepam, triazolam):<ul style="list-style-type: none">Confirm diagnosis of FDA-approved or compendia-supported indicationPA required for initiation of benzodiazepine therapy in patients currently on opioid or oral buprenorphine therapyPA required for any additional benzodiazepine prescription in patients currently on benzodiazepine therapyPA required when greater than a 14-day supply of a benzodiazepine is prescribed for someone on a CNS stimulant FREQUENCY/QUANTITY/DURATION (F/Q/D) <ul style="list-style-type: none">Frequency and duration limits for the following products:<table><thead><tr><th>Agent</th><th>Quantity Limit</th></tr></thead><tbody><tr><td>Non-zaleplon and non-benzodiazepine containing products</td><td>30 units/30 days</td></tr><tr><td>Zaleplon containing products</td><td>60 units/30 days</td></tr></tbody></table><table><thead><tr><th>Agent</th><th>Duration Limit</th></tr></thead><tbody><tr><td>estazolam*; flurazepam*; quazepam (Doral®)*; temazepam (Restoril®); triazolam (Halcion®); zaleplon</td><td>30 days</td></tr><tr><td>*For the treatment of insomnia daridorexant (Quviviq™); suvorexant (Belsomra®); doxepin</td><td>90 days</td></tr><tr><td>eszopiclone (Lunesta); ramelteon (Rozerem®); (lemborexant) Dayvigo™; zolpidem IR; zolpidem ER (Ambien, Ambien CR, Edular) sublingual, capsule, tablet</td><td>180 days</td></tr></tbody></table> Additional/Alternate parameters: <ul style="list-style-type: none">For patients naive to non-benzodiazepine sedative hypnotics (NBSH): First-fill duration and quantity limit of 10 dosage units as a 10-day supply, except for zaleplon-containing products which the quantity limit is 20 dosage units as a 10-day supply	Agent	Quantity Limit	Non-zaleplon and non-benzodiazepine containing products	30 units/30 days	Zaleplon containing products	60 units/30 days	Agent	Duration Limit	estazolam*; flurazepam*; quazepam (Doral®)*; temazepam (Restoril®); triazolam (Halcion®); zaleplon	30 days	*For the treatment of insomnia daridorexant (Quviviq™); suvorexant (Belsomra®); doxepin	90 days	eszopiclone (Lunesta); ramelteon (Rozerem®); (lemborexant) Dayvigo™; zolpidem IR; zolpidem ER (Ambien, Ambien CR, Edular) sublingual, capsule, tablet	180 days
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Clinical Criteria

- Zolpidem products: Confirm dosage is consistent with FDA labeling for initial prescriptions.
- Benzodiazepine Agents (estazolam, Doral®, flurazepam, Halcion®, quazepam, Restoril®, temazepam, triazolam):
 - Confirm diagnosis of FDA-approved or compendia-supported indication.
 - PA required for initiation of benzodiazepine therapy in patients currently on opioid or oral buprenorphine therapy.
 - PA required for any additional benzodiazepine prescription in patients currently on benzodiazepine therapy.
 - PA required when greater than a 14-day supply of a benzodiazepine is prescribed for someone on a CNS stimulant.

Frequency/Quantity/Duration

Drugs in this drug class are subject to the following (F/Q/D) requirements:

- Quantity Limits:

Agent	Quantity Limit
Non-zaleplon and non-benzodiazepine containing products	30 units/30 days
Zaleplon containing products	60 units/30 days

- Duration Limits:

Agent	Duration Limit
estazolam*; flurazepam*; quazepam (Doral®)*; temazepam (Restoril®)*; triazolam (Halcion®)*; zaleplon *For the treatment of insomnia	30 days
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- Additional/Alternate F/Q/D parameters:
 - For patients naïve to non-benzodiazepine sedative hypnotics (NBSH): First-fill duration and quantity limit of 10 dosage units as a 10-day supply, except for zaleplon-containing products in which the quantity limit is 20 dosage units as a 10-day supply.

Dose Optimization

Brand Name	Dose Optimization Limitations		
CENTRAL NERVOUS SYSTEM			
Sedative Hypnotics			
Lunesta® 1 mg	1 daily	Tablet	

- Lunesta® has a dose optimization limit of one tablet per day.

What Pharmacy Providers Need to Do

Pharmacy providers should become familiar with the Sedative Hypnotics coverage criteria in the [PDL](#) and incorporate this information when discussing the need for PA with prescribers.

What Prescribers Need to Do

Prescribers should become familiar with the Sedative Hypnotics coverage criteria in the [PDL](#) and incorporate this information when prescribing for NYRx members.

Resource

- [NYRx Education & Outreach Website](#)
- [NYRx Preferred Drug List](#)
- [NYRx Preferred Drug Quick List](#)
- [NYRx Prior Authorization Submission Guide](#)

Contact Information

The NYRx Education & Outreach Call Center is available by phone at 1-833-967-7310 or by email at NYRxEO@primetherapeutics.com from 8:00 AM to 5:00 PM ET, Monday through Friday, excluding holidays.

The NYRx Education & Outreach team hosts virtual office hours every week for stakeholders to ask questions related to NYRx and care coordination. Visit the [NYRx Education & Outreach website](#) for more information.