

What is Modafinil?

Modafinil is a well-known name of the medication used by people who want to improve their productivity and become more energetic during the day. Many people who first encounter this name wonder, what is Modafinil, can I use it, is it safe to use? In this article, we are going to discuss these questions and hope to make them crystal clear for everyone even those who has no medical background.

What is Modafinil and when it is used?

Modafinil is an unpatented name of the medicinal substance on which different drugs are based. The unpatented name means that it can be used by any manufacturer who has the license to produce this formulation. The license is obtained from the local authorities in the country where the drug is made similar to the American FDA. The right to make the medication based on Modafinil formula is gained after the exclusive patent of the formula inventor, French pharmaceutical company Lafon Laboratories, had expired. The formulation was discovered in 1986, and after multiple tests approved for several conditions:

- Narcolepsy;
- Shift work sleep disorder (SWSD);
- Obstructive sleep apnea (OSA).

The medication is considered, from the scientific point of view, a wakefulness-promoting agent rather than a stimulant of cognitive functions. Nevertheless, it is used off-label as a cognitive stimulant, but we will get to it later.

How does Modafinil work?

Wakefulness-promoting properties of Modafinil are based on the release of monoamines, especially, catecholamines norepinephrine and dopamine - from synaptic clefts. At the same time, Modafinil increases the level of histamine in the hypothalamus. All of this combined affects wakefulness as the release of these substances in the brain is the core of natural wakefulness and alertness.

For people with narcolepsy, a congenital impairment of the sleep-wake cycle regulation process in the brain, the drug induces the state of wakefulness artificially mimicking the natural process that is impaired. Without the stimulation of these processes, people with this condition fall asleep multiple times a day while being well-rested after an 8-10 hour night sleep.

In SWSD and OSA, the drug also helps to promote wakefulness but people with these conditions are sleepy during the daytime or their shifts not because of a sleep-wake cycle regulation but basically from lack of normal sleep or sleep routine. This prompts to the idea that Modafinil can be used by people without any violations of the sleep-wake cycle when they hadn't had sufficient night sleep or suffer from chronic fatigue, idiopathic hypersomnia (excessive daytime sleepiness without a clear cause), are weather-sensitive, and feel sluggish when clouds cover the sky, etc.

Worth noting that although scientists do not deem the formulation a cognitive-function stimulant, it is naturally explainable that when a person doesn't suffer from sleepiness, fatigue, and general weakness, they can better focus on the implementation of their current tasks without thinking of them as

impossible, difficult, and extremely energy-consuming. This explains its popularity as a cognitive function stimulant among people who do not have direct indications for Modafinil use.

What is generic Modafinil?

Nowadays, the medication is made by multiple companies from all around the world and the majority of these medicines are called generics of Modafinil. It's a partially official name, generics means that they use the same main ingredient but additional components can slightly differ from the original formula. And we say that the name "generic" is partly official because each medication available on the market has its own registered name/trademark. For instance, you can buy Modafinil under these names:

- Modalert;
- Modvigil;
- Armod (slightly changed formula the medication is based on Armodafinil);
- Artvigil (slightly changed formula the medication is based on Armodafinil).

Is it safe to use Modafinil off-label?

Although the medication is sold only with a prescription in such countries as U.S., UK, and many European countries, it is officially confirmed that it has a very low abuse potential meaning that it doesn't cause dependence or addiction. This is a very important moment because other stimulants of cognitive functions such as Adderall have very strong abuse potential.

Besides, if you check the side effects of Modafinil and Adderall or other stimulants, even seemingly harmless caffeine that the majority of us consume daily, you will clearly see that Modafinil has much fewer adverse effects. Don't take my word for it, you can take a look at the official instructions/package inserts of these drugs (caffeine is also available in pills so it also has instruction and a list of side effects included) which can be easily found on the Internet.

Where to buy Modafinil?

If you don't have a prescription, you may wonder how to get Modafinil. Well, the easiest way without having a prescription, and actually even if you have one is to order the pills from a reputable online drugstore. The thing is that you can get a high-quality generic medication that will cost you much less money than if you get a branded drug.

You may wonder why do online drugstores can sell you the pills without a prescription, and the answer is simple – Modafinil is not everywhere a prescription drug. In some countries, due to its low abuse potential, it is sold without a prescription. And you can benefit from it when you order the pills from such a country. And do not worry about the customs, they simply do not have time to check all the parcels so the chance that they will find your pills is minimal. And is somehow it happens, reputable, i.e. being long enough on the market, online drugstores either refund their customers or resell the order.

How to use Modafinil?

The regular dosage is a single 200 mg pill in the morning. But if you want to use the drug off-label, to minimize potential side effects, you can take half of a pill in the morning and if it suffices, you can extend the standard package for much longer! And how to make Modafinil more effective? Simply take

the whole 200 mg pill in the morning. But if it is still not enough for your needs, you can increase it to 300 mg.