

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Budur Kumar</u> (Last) (First) (Middle) <u>630 W GERMANTOWN PIKE</u> (Street) <u>PLYMOUTH MEETING PA 19462</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Harmony Biosciences Holdings, Inc. [HRMY]</u> Foreign Trading Symbol 3. Date of Earliest Transaction (Month/Day/Year) <u>09/16/2026</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner ☒ Officer (give title below) Other (specify below) <u>CHIEF MEDICAL OFFICER</u> 6. Individual or Joint/Group Filing (Check Applicable Line) ☒ Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/16/2026		M		900	A	\$30.69	14,015	D	
Common Stock	09/16/2026		M		900	A	\$30.27	14,915	D	
Common Stock	09/16/2026		S ⁽¹⁾		1,800	D	\$43.0146 ⁽²⁾	13,115	D	
Common Stock	09/17/2026		M		400	A	\$30.69	13,515	D	
Common Stock	09/17/2026		M		400	A	\$30.27	13,915	D	
Common Stock	09/17/2026		S ⁽¹⁾		800	D	\$43	13,115	D	
Common Stock	09/18/2026		M		10,406	A	\$30.69	23,521	D	
Common Stock	09/18/2026		M		25,446	A	\$30.27	48,967	D	
Common Stock	09/18/2026		S ⁽¹⁾		35,852	D	\$43.0545 ⁽³⁾	13,115	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option	\$30.69	09/16/2026		M			900	(4)	01/24/2034	Common Stock	900	\$0	29,400	D	
Stock Option	\$30.27	09/16/2026		M			900	(5)	05/01/2034	Common Stock	900	\$0	63,346	D	
Stock Option	\$30.69	09/17/2026		M			400	(4)	01/24/2034	Common Stock	400	\$0	29,000	D	
Stock Option	\$30.27	09/17/2026		M			400	(5)	05/01/2034	Common Stock	400	\$0	62,946	D	
Stock Option	\$30.69	09/18/2026		M			10,406	(4)	01/24/2034	Common Stock	10,406	\$0	18,594	D	
Stock Option	\$30.27	09/18/2026		M			25,446	(5)	05/01/2034	Common Stock	25,446	\$0	37,500	D	

Explanation of Responses:

1. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan.
2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$43.00 to \$43.03. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.
3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$43.00 to \$43.20. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

4. The stock option vests with respect to 25% of the underlying shares on January 24, 2025, with the remaining shares vesting ratably on a quarterly basis thereafter until the fourth anniversary of the grant date, subject to the Reporting Person's continued service through each applicable vesting date.

5. The stock option vests with respect to 25% of the underlying shares on May 1, 2025, with the remaining shares vesting ratably on a quarterly basis thereafter until the fourth anniversary of the grant date, subject to the Reporting Person's continued service through each applicable vesting date.

/s/ Christian Ulrich, Attorney-
in-Fact

09/18/2026

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, *see* Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.