

Stop Sleeping Pills Guide

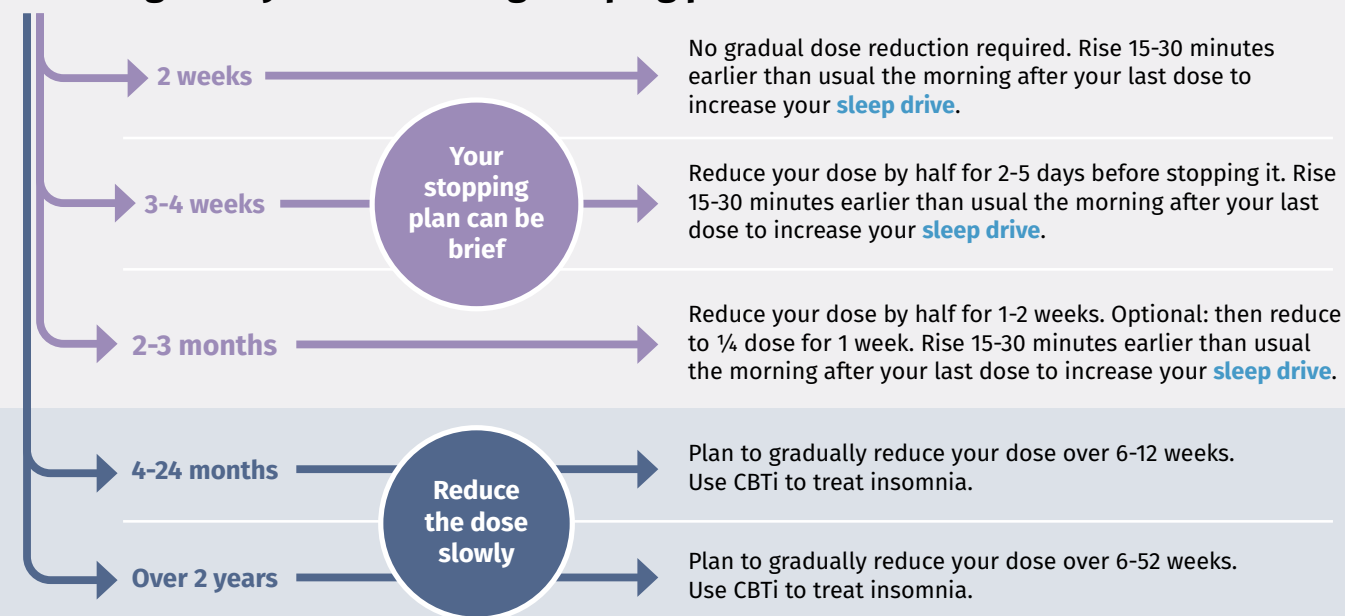


Advice

- 1 Estimate how long it will take to reduce your dose based on how long you have been using sleeping pills.
- 2 Using the **Stop Sleeping Pills Planner**, develop your dose reduction plan with your doctor and pharmacist.
- 3 Aim to reduce your dose on the same day of the week, every 1 or 2 weeks.
- 4 Your plan should be flexible. Make adjustments based on how you are feeling.
- 5 Reduce your dose the same amount each time or slow things down by making smaller dose reductions, lengthening the time between dose reductions, or both.
- 6 Monitor your sleep with a sleep diary. Use CBTi to help you sleep as you lower your dose.

Estimate the duration of your dose reduction schedule

How long have you been taking sleeping pills?



Sleeping pill

Name	Duration of use	Daily dose	Estimated dose reduction duration
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