Stop Sleeping Pills Planner

Sleepwell

Sleeping pill name

WEEK	DATE	PLANNED DOSE (mg/day)	ACTUAL DOSE (mg/day)	END OF WEEK COMMENTS

Instructions: Plan the dose reduction schedule by filling in the week number, date, and planned dose before getting started. You can ask your doctor or pharmacist to do this for you. As each week starts, fill in the actual dose and write a note about how the previous week went. It may be best to plan just a few weeks at a time.

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