

# Stop Sleeping Pills Guide

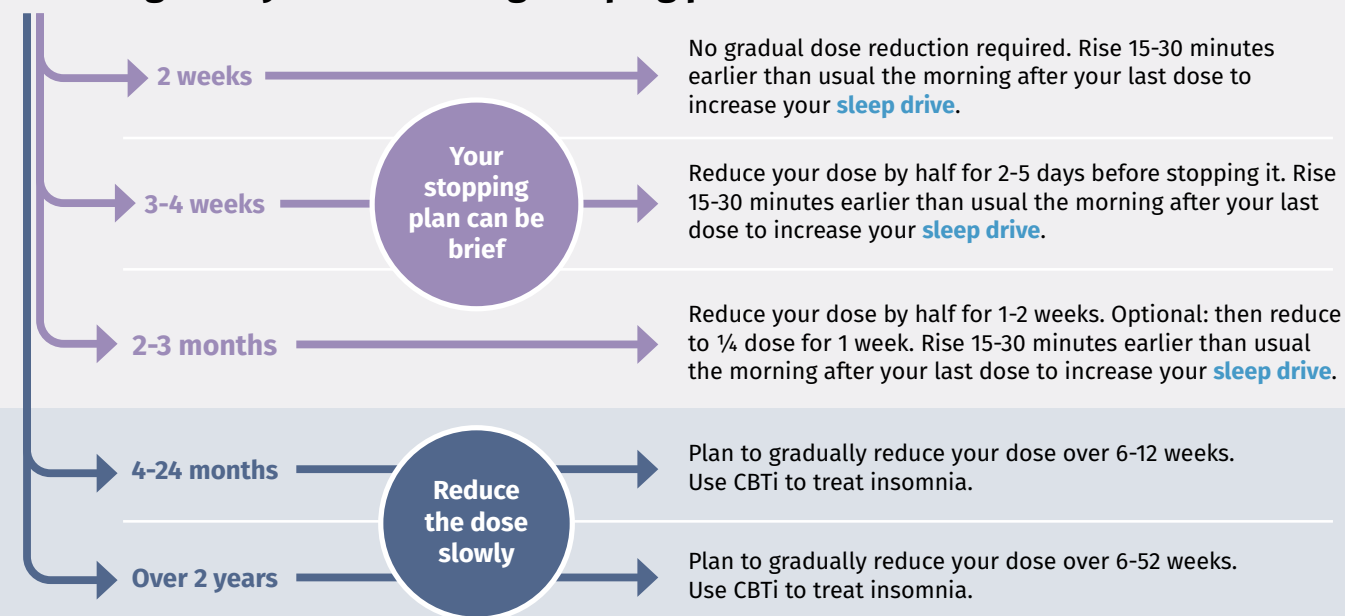


## Advice

- 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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