



Safe and appropriate use of sleeping pills and anti-anxiety medications

Dear Sir/Madam,

You have received a prescription several times for the following medicine:

It is therefore important to be accompanied by a healthcare professional to help you use these medicines safely.

This medicine, which belongs to the group of sleeping tablets and other anti-anxiety medication:



- Does not treat the cause of your insomnia or anxiety;
- Is effective and well tolerated if used for a short period only (a few days);
- Is **addictive** if taken too regularly.

When taken over a longer period, your body can become accustomed to these medicines:



- They may become less effective over time
- The risk of side effects increases, such as confusion, low mood or depression, drowsiness, difficulty with concentration or memory, reduced alertness, increased risk of falls or road accident, sexual difficulties, ...

Would you like to reduce or stop your sleeping tablet or anti-anxiety medicine? Solutions are available.



- **Make an appointment with your doctor** to discuss your situation.
- It is important to reduce or stop these medicines gradually and **under medical supervision**.
- Stopping too suddenly could lead to sleep problems (insomnia), anxiety or nightmares.

Could you be dependent and not realise it?

- **Take the self-assessment test**
- And check out: <https://gd.lu/2MSvkK>



If you have any questions, please do not hesitate to contact me.

Sincerely,

Dr.

