CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Sedative, hypnotic or anxiolytic use disorder

Problematic use of benzodiazepines or other drugs for sleep or anxiety, with tolerance and difficulty quitting.

COMMON SIGNS

- Needs a higher dose for the same effect
- Anxiety or insomnia when cutting down
- Use without medical supervision

TIPS FOR YOU

1. Don't stop them suddenly: taper under medical guidance
2. Learn alternatives for anxiety and sleep
3. Cognitive behavioural therapy

FOR FAMILY AND FRIENDS

1. Help them follow the doctor's tapering plan
2. Never stop the medication suddenly

WHEN TO ASK FOR HELP

1. If there is extreme drowsiness or falls: 112
2. Get advice before reducing the dose

TO OBSERVE AND NOTE DOWN

☐ I take sleeping pills or pills for my nerves every day

☐ I take more than the prescribed dose

☐ I need more for the same effect

☐ If I cut down, I get anxiety or insomnia

☐ I have tried to stop them without success

☐ I get them without a prescription or from several doctors

☐ I mix them with alcohol

☐ I feel clumsy or forgetful

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-sedantes-hipnoticos-o-ansioliticos
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com