



My decision-making aid



1 Reduction/discontinuation

What can improve, what can worsen?

| Possible benefits | Possible drawbacks |
|------------------------------------|-----------------------------------|
| Increased alertness during the day | Worse sleep |
| Improved concentration | Short-term nervousness /confusion |
| Better balance | Short-term sweating |
| Improved memory | |
| Reduced need for medication | |

My evaluation/assessment

This **benefit** would bring me the most:

This **drawback** would be the worst for me:

Am I now ready for a reduction/discontinuation?

- Yes No, because:
 I have too little information.
 I need more time to think about it.
 I would like to discuss it with a trusted person first.
 Other:

My decision

- I would like to gradually taper off my sleeping/sedative medication.
 I would like to continue taking my sleeping/sedative medication in a reduced dose.
 I would like to continue taking my sleeping/sedative medication without any changes.

2 Helpful tips

What can I try myself for a healthy sleep?

I'm willing to try:

- Go to bed and wake up at approximately the same time every day, including on weekends.
 Avoid taking naps during the day or limit them to half an hour.
 Turn off the TV if you feel drowsy while watching it.
 Reserve your sleep area only for sleeping and create a calming atmosphere there.
 Use evening and sleep rituals (e.g. reading, listening to relaxing music).
 Not to put pressure on myself if my sleep duration is less than 6 hours, as long as I am not tired and exhausted during the day.
 Consider the sleepless time in bed as a time of rest for your body.
 Practice relaxation techniques, such as yoga, breathing exercises, autogenic training, etc. (ask a professional).
 Be physically active, except in the evening.
 Avoid caffeine, alcohol, or nicotine in the evening as much as possible.
 Write down things that occupy my mind on a list; they can wait until the next day.
 Avoid consuming large amounts of food or drink 1-2 hours before bedtime.

First, I would like to try the following:

.....

.....

.....

.....

3 Further approaches

Rate of dose reduction for sleep/sedative medication

If difficulties arise, these can often be addressed by even slower steps of dose reduction. Discuss this with your doctor and agree on the (slower) rate of dose reduction, with adjustments to the care plan.

Using a (herbal) sleeping pill

Pflanzliche Medikamente können helfen. Besprechen Sie die Wahl des Mittels mit Ihrer Ärztin/Ihrem Arzt.

Search for causes

Various diseases, symptoms (shortness of breath, pain, urinary urgency), or medications can significantly disrupt sleep. Discuss with your doctor whether such causes should be actively sought and then treated specifically.

Open questions and notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....