

REDUCTION SCHEDULE: ZOLPIDEM 10mg

- **Dose reduction is a marathon, not a sprint!**
- **Each stage takes around 2 weeks but may take 4 weeks and occasionally longer**
- **Everyone is different – so go at your own pace.**
- **Avoid any dose increases. Instead stay at any stage longer until more comfortable: then resume reduction.**

*Stage	Dose	Number of 5mg tablets each night	Number of 5mg tablets each week
Starting dose	Zolpidem 10mg	2	14
Stage 1	Zolpidem 8.75mg	1 and $\frac{3}{4}$	12.25
Stage 2	Zolpidem 7.5mg	1 and $\frac{1}{2}$	10.5
Stage 3	Zolpidem 5mg	1	7
Stage 4	Zolpidem 3.75mg	$\frac{3}{4}$	5.25
Stage 5	Zolpidem 2.5mg	$\frac{1}{2}$	3.5
Stage 6	Zolpidem 1.25mg	$\frac{1}{4}$	1.75
Stage 7	STOP		