

REDUCTION SCHEDULE: ZOPICLONE 7.5mg

- **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 3.75mg tablets each night	Number of 3.75mg tablets each week
Starting dose	Zopiclone 7.5mg	2	14
Stage 1	Zopiclone 6.5mg	1 and $\frac{3}{4}$	12.25
Stage 2	Zopiclone 5.6mg	1 and $\frac{1}{2}$	10.5
Stage 3	Zopiclone 4.7mg	1 and $\frac{1}{4}$	8.75
Stage 4	Zopiclone 3.75mg	1	7
Stage 5	Zopiclone 2.8mg	$\frac{3}{4}$	5.25
Stage 6	Zopiclone 1.9mg	$\frac{1}{2}$	3.5
Stage 7	Zopiclone 0.9mg	$\frac{1}{4}$	1.75
Stage 8	STOP		