

## REDUCTION SCHEDULE: TEMAZEPAM 20mg

- **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.**

<b>*Stage</b>	<b>Dose</b>	<b>Number of 10mg tablets each night</b>	<b>Number of 10mg tablets each week</b>
Starting dose	Temazepam 20mg	2	14
Stage 1	Temazepam 17.5mg	1 and $\frac{3}{4}$	12.25
Stage 2	Temazepam 15mg	1 and $\frac{1}{2}$	10.5
Stage 3	Temazepam 12.5mg	1 and $\frac{1}{4}$	8.75
Stage 4	Temazepam 10mg	1	7
Stage 5	Temazepam 7.5mg	$\frac{3}{4}$	5.25
Stage 6	Temazepam 5mg	$\frac{1}{2}$	3.5
Stage 7	Temazepam 2.5mg	$\frac{1}{4}$	1.75
Stage 8	STOP		