



# TALK TO YOUR DOCTOR

about your prescription for sleeping tablets or anxiety medicines

Long-term use may cause you harm. Your doctor can help you to come off your medicine gradually.



An Roinn Sláinte  
Department of Health



Bord Altránais agus  
Cnáimhseachais na hÉireann  
Nursing and Midwifery  
Board of Ireland



Comhairle na nDochtúirí Leighis  
Medical Council

