

Appendix 3: Informed Consent

Name: _____

Date of Birth: _____

1. Reason for use of a benzodiazepine or Z drug: _____

2. Alternatives I've tried or therapies I'm using in addition to this medication:

3. Sleep hygiene

- Relaxation exercises
- Daily exercise
- Cognitive behavioral therapy
- Art Therapy
- Antidepressants/Antianxiety medications
- OTC or Rx antihistamines (cetirizine, hydroxyzine better)
- Antipsychotic medications
- Hypnosis
- Sleep Study done and prescribed this medication by sleep doctor
- Seeing psychiatrist

4. Doctor Knight prescribed for short term use and I'm only to use 21 days or less or I never take more than 3 days in a row.

5. Prescribed by Dr. Knight or another doctor before I knew the potential harms of this medication and now I'm interested in how to get off this medication.
 YES NO

6. Any comments are welcome: _____

Dr. Knight is concerned with the long-term use of Benzos and Z drugs because of the following reasons:

1. Use beyond 21 days may be just preventing withdrawal and no longer treating initial problem that was reason for prescription.
2. Chronic use is risk factor for Alzheimer's dementia. Most of the counter anti-histamines sold for sleep are as well.
3. These drugs harm your sleep architecture and cause a reduction in the deep slow wave sleep we need to heal the bodies daily injuries and remove toxins.
4. They are responsible for increased in death from combination with opiates and should not be used by patients also taking chronic opiates for chronic pain.
5. When combined with the SSRI, antidepressants, may increase a phenomenon called learned helplessness. Basically, they contribute to a person feeling powerless after a traumatic event which worsens depression.

#1 was a huge surprise to me and was my main reason for writing this guide. I didn't know that they caused a withdrawal that feels and looks like anxiety disorder. But once I understood that, I felt I had to inform everyone that I have on these medications and apologize for ever introducing them to this medication. I will in the future use it much, much less and for very short periods of time.

Signature of patient

Date