Recruitment took place between 16 February 2009 and 14 January 2010. Personnel at local health centres recruited patients, and two advertisements were placed in a local newspaper.

Assessed for eligibility (N=211)

Excluded

- not meeting inclusion criteria (N=83)
- declined to participate (N=36)

Baseline measurements and counselling (N=92)
- baseline measurements
- sleep hygiene counselling and individual withdrawal plan
- plasma samples

One-month withdrawal period
- psychosocial supportive visits, and balance and handgrip strength measurements (weeks 1, 2, 3)

No residual benzodiazepine plasma concentration:
Short-term withdrawers (N=69)
- measurements

Residual benzodiazepine plasma concentration:
Short-term non-withdrawers (N=20)
- measurements

Follow-up

1 month

Visit (N=69)
- measurements

2 months

Visit (N=69)
- measurements

6 months

Visit (N=69)
- measurements

N=30
N=4
N=36
N=8
N=3
N=8

Long-term withdrawers (N=34)
Long-term irregular users (N=44)
Long-term regular users (N=11)