Study start
N=278

107 with hypnotics and sedatives

After 6 months 61 on same dose of same drug
- 8 - another hypnotic and sedative added
- 3 - changed to another hypnotic and sedative
- 4 - higher dose

After 6 months 15 changes

After 6 months 31 on lower dose or ended treatment
- 8 - lower dose or fewer hypnotics and sedatives
- 23 without hypnotics and sedatives

171 without hypnotics and sedatives

After 6 months 167 without hypnotics and sedatives

After 6 months 4 with hypnotics and sedatives