



BLOG

Daily Benzodiazepines: Risks, Safe Tapering and Options

Risks to Know

- Tolerance and dependence
- Memory and balance problems
- Rebound anxiety between doses

Dangerous Combinations

- Alcohol
- Opioids
- Other sedatives

Long-Term Options

- SSRIs and SNRIs
- Buspirone
- CBT, and CBT-I for sleep



Read the full article

Xanax, Klonopin and Ativan: Why Long-Term Daily Use Is Discouraged

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.