

**RECRUITMENT**

Recruitment took place on 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**

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)

**FOLLOW-UP****1 month**

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

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

**2 months**

Visit (N=69)  
- measurements

Visit (N=20)  
- measurements

**6 months**

Visit (N=69)  
- measurements

Visit (N=20)  
- 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)