



Bruyère Research Institute: Benzodiazepine & Z-Drug (BZRA) Deprescribing Algorithm

Implementation support

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[Bruyère Research Institute Deprescribing Guidelines Research Team](#) has produced an [algorithm and accompanying advice](#) that support recommendations in the [NICE guidance on the use of zaleplon, zolpidem and zopiclone for the short-term management of insomnia](#), and [medicines optimisation](#).

Disclaimer

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