



Rehab Teaches How Alprazolam Impacts Sleep

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One of the oldest non-profit rehab centers in the state, Serenity Lane of Portland, Oregon recently posted an educational article about Alprazolam. This substance, seen both in medical and illicit settings, is fairly popular in the media. Many readers might know it by its brand name "Xanax." To help the community make more informed decisions about their health, Serenity Lane used their knowledge to share an informational piece about the specifics of Alprazolam.

Some may ask why this piece is relevant, but nearly 2% of Oregon residents received a prescription for Alprazolam which equates to over 80,000 people. Additionally, Serenity Lane has seen the impact that benzodiazepines like Alprazolam have had on the world of substance use.

To start the piece, Serenity Lane first takes the time to explain the primary function of Alprazolam. "Alprazolam is a prescription medication used to primarily help people with anxiety disorders and panic disorders. Its main purpose is to decrease abnormal excitement within the brain. Depending on your specific situation, it can be used to assist with other conditions as well." The other condition that the rehab center then turns to focus on is how Alprazolam is utilized for sleep.

"Alprazolam acts as a depressant; it promotes calm and lowers brain activity. If taken approximately an hour

before a person intends to go to sleep, it has been shown to be effective in assisting in sleep in the short term. Serenity Lane starts, before cautioning readers about the cons of this instance. ...a study was done testing the long-term effectiveness of alprazolam as a sleep aid and found that its effectiveness decreased within a week of use.

The primary reason medications like Alprazolam are utilized in the short term is not only for its effectiveness but also to reduce the risk of withdrawal. Alprazolam is a short-acting benzazepine, which means it has a higher chance of causing withdrawal symptoms if used over a long period of time. According to the National Library of Medicine, using alprazolam for as little as a week can produce discontinuation symptoms or withdrawal, which can be more severe than other forms of benzodiazepine withdrawal symptoms.

Alprazolam is not recommended to be used daily. Its intentions are to be used to help in an instant or moment, not as a way to manage symptoms that affect you every day. Serenity Lane warns before breaking down some of the common side effects of the medication so readers can know what to keep an eye out for.

To finish the piece, Serenity Lane touches on how long Alprazolam stays in a person's system and touches on what readers should do if they're prescribed Alprazolam and miss a dose. For those who wish to learn more about this medication and substance, the article is available completely for free.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All of the programs they offer have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). They have introduced many new programs in Oregon, such as residential step-down and outpatient programs that integrate residential and outpatient services. They have also been the provider of the only Addiction Counselor Training Program in Oregon. Some of their graduates are now offering their services through several treatment programs throughout the country.

People who would like to know more about the addiction treatment services available through Serenity Lane of Portland, Oregon can visit their website or contact them by telephone or email. Serenity Lane has live people ready to help place patients from 8:00 am - 7:30 pm Monday through Friday, and 8:00 am - 6:00 pm Saturday and Sunday.

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For more information about Serenity Lane Portland West Outpatient Office, contact the company here: Serenity Lane Portland West Outpatient Office Stephanie Edwards (503) 244-4500 info@serenitylane.org 10920 SW Barbur Blvd Portland, OR 97219

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Serenity Lane has served families in Oregon with high-quality addiction and mental health treatment since 1973. We are an established private, non-profit addiction treatment center, and all of our programs are accredited.

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