		Sleeping pills ensure that you fall asleep.	Expert 1
	S	leeping pills decrease deep, slow wave sleep which is the recovery sleep.	Expert 1
Tal	king benzodiazepines is preferred over total sleep deprivation.	In general, sleeping pills are not that harmful.	Expert 1
		Sleep under the influence of benzodiazepines is better than total sleep deprivation.	Expert 2
	S	leeping pills decrease deep, slow wave sleep which is the recovery sleep.	Expert 1
	Natural sleep is better than sleep er the influence of benzodiazepines	Senzodiazepines change the hypogram (sleep architecture).	Expert 2
		Sleep deprivation is a risk factor for a bad trip.	Expert 2
		Sleep deprivation contributes to the emergence of a bad trip.	Expert 2
	S	The risk of having a bad trip is smallest when one is in a good mental and physical setting.	Expert 2
Slee	ep (deprivation) interacts with drug	A bad trip can cause long term effects like HPPD or derealization/depersonalization disorder.	Expert 2
	use.	Sleep deprivation contributes to the emergence of long term effects of drug use like HPPD.	Expert 2
Be aware of the advantages and		Sleep is a protective factor against effects like HPPD, derealization/depersonalization disorder and a bad trip.	Expert 2
disadvantages of substances like GHB and benzodiazepines.	O	nes personal set becomes worse due to sleep deprivation.	Expert 2
	G	HB can induce a paradoxical reaction, meaning it gives a stimulant effect instead of a calming effect.	Expert 2
Me	edically or biologically speaking it	Benzodiazepines can induce a aradoxical reaction, meaning they give a stimulant effect instead of a calming effect.	Expert 2
	can be dangerous to combine odiazepines or GHB with stimulants.	Feelings of anxiety can be suppressed by benzodiazepines but it is possible for those feelings to recur even more stense than before when the substance stops working. This is called the rebound effect.	Expert 2
		An overdose of GHB will put you in a coma.	Expert 2
		Everyone responds differently to benzodiazepines.	Expert 2
	Morally or socially speaking it is erous to combine benzodiazepines or	GHB is more addictive than benzodiazepines are.	Expert 2
	GHB with stimulants.	Benzodiazepines are addictive.	Expert 2
		Everyone responds differently to benzodiazepines.	Expert 2
	edically or biologically speaking it is not dangerous to combine odiazepines or GHB with stimulants.	The undesired effect of XTC can be dampened by GHB.	Expert 2
	,	ne combination of GHB and stimulants is not dangerous, provided than an appropriate dose of GHB is taken.	Expert 2
	t	In case of an XTC overdoses, penzodiazepines are the first choice of treatment.	Expert 2