

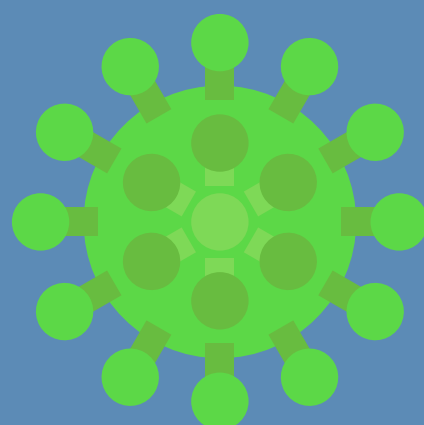


# PHARMACISTS NEED TO KNOW ABOUT SLEEP

## SLEEP & COVID

People in the UK experiencing insomnia rose from 1:6 to 1:4 as a result of the pandemic

The 'coronasomnia' phenomenon keeping you from getting sleep, 2021, BBC



## SLEEP & HEALTH

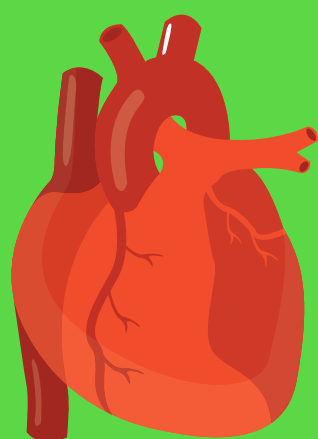
Sleep apnoea has been connected with increased risk of stroke, cancer & neurological disease

Finn, Young, 2009, Wisconsin Sleep Cohort

## SLEEP, WEIGHT & T2DM

Due to connections between obesity, T2DM and sleep apnoea, sleep screening is recommended

Lechner, Breeze, et al, Sleep Medicine 54, 2019  
IDF Consensus Statement on Sleep Apnoea and Type 2 Diabetes, 2017



## SLEEP & THE HEART

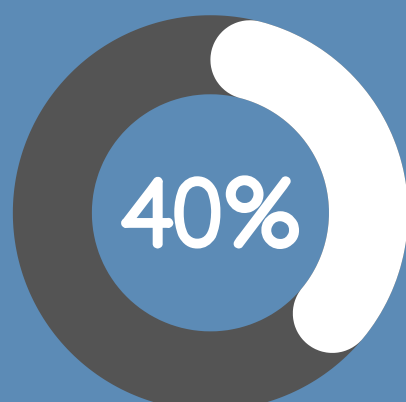
Everyone with CV risk factors or diagnosed heart conditions, should be screened for OSA, and treated as appropriate

American Heart Association

## SHORTER LIFE

Untreated sleep apnoea cuts short the average life span by 20 years

Finn, Young, 2009, Wisconsin Sleep Cohort



## SLEEP, SNORING, OSA

~40% of the UK population report regular snoring (one of the main symptoms of sleep apnoea)

Ohayon, Guilleminault et al, 1997, BMJ



With statistics like this, isn't it time you found out about sleep, in order to help more patients?

british society of  
pharmacy sleep services

[bspss.org](http://bspss.org)