

10 WAYS

PHARMACISTS CAN SUPPORT PATIENTS WITH SLEEP PROBLEMS



1 People use inappropriate medicines to help them sleep

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89%

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2 89% people with sleep-disorder symptoms did not seek medical advice, but did visit a pharmacy



3 Pharmacists can identify people at risk from sleep disorders

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4 Some patients take a pill rather than talking about their sleep



5 Talking therapies and sleep hygiene factors are an alternative to pills

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6 Pharmacists can help people reduce their dependence on sleeping pills



7 Pharmacists are part of the team that can help patients get a good night sleep

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8 Pharmacists can educate patients about sleep



9 Sleep is an opportunity for pharmacy

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10 Pharmacy can do more, with more

Infographic from the British Society of Pharmacy Sleep Services

Find out more at www.bspps.org