

Sleep disorders are common, and now a tool to help

Sleep issues are common in primary care, with 41% of patients in Auckland waiting rooms meeting the criteria for sleep disorders.¹ Concerns are often not raised with their clinicians as patients think nothing can be done.

A tool called the Twenty Winks Sleep Questionnaire² has been developed for patients to fill in online, generating a personalised plan with suggestions on alleviating symptoms. It is a good tool for patients requesting sleeping pills when you are reasonably sure they have not tried the non-drug methods.

References:

1. [Prevalence of causes of insomnia in primary care: a cross-sectional study](#) BJGP (2012)
2. [Twenty Winks Sleep Questionnaire](#) Healthify Te Puna Waiora (2023)

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