

Exploring Community Pharmacists' Sleep Health Awareness: The Case of UAE.

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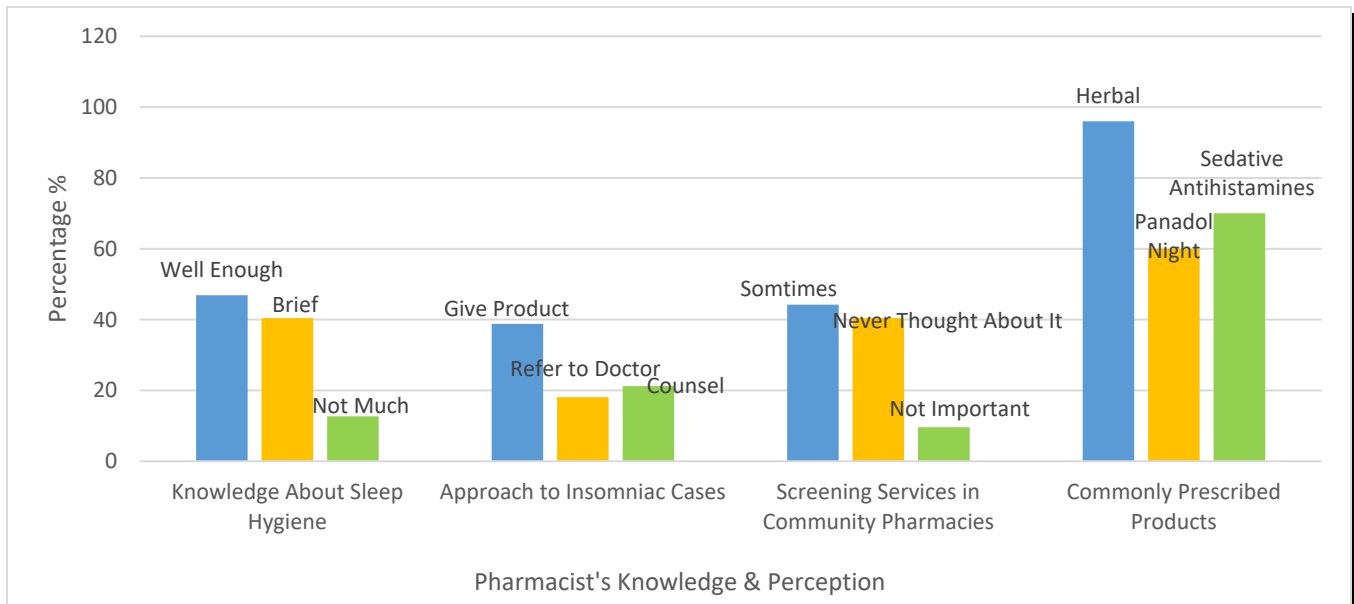
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Highlights:

- Falsely Claiming knowledge about sleep hygiene practices.
- Most Common approaches to insomniac cases were to give herbal\OTC products, which are not recommended by guidelines.
- Most pharmacists are willing to do screening services if it is possible.
- Most commonly prescribed products for managing insomnia are Melatonin, Valerian, Panadol Night, and Sedative Antihistamines.