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Special Issue Reprint

Sleep Disorders Management in Primary Care

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Sleep disorders are highly prevalent disorders associated with motor vehicle accidents, impaired cognition, metabolic syndrome, impaired immune function, altered mood, decreased quality of life, and increased mortality. The most common sleep disorders seen in primary care settings are insomnia, obstructive sleep apnea, and restless legs syndrome. The high prevalence of undiagnosed sleep disorders and its complications for health require improved routine screening and assessment in primary care settings. However, the current practice model of screening and assessment for sleep disorders is fragmented and ineffective, which is attributable not only to the lack of use of screening instruments but also to the lack of routinely eliciting relevant symptoms. Identification by primary care practitioners of patients who are at high risk for sleep disorders could significantly reduce their frequency and improve the quality of life and health outcomes for these patients.

This Special Issue is addressing topics related to the evaluation and management of sleep disorders and its symptoms in the primary care setting. The aim was to provide updated information of the current screening, diagnosis, and management of sleep disorders in primary care settings.

