

Managing Sleep Disturbance

PROFESSIONAL Breege Leddy, RPSGT, CBT-I Specialist and Director of The Insomnia Clinic



Managing sleep disturbance

In the March IPU Review, sleep physioligist, Breege Leddy examined the importance of sleep in our wellbeing, and the role pharmacists can play in helping with sleep disturbance. Click here or below to read the full article.