**Presentation title**

Sleep Health Primary Care Resources: evidence-based information on OSA and Insomnia

**Presentation outline**

Obstructive sleep apnoea and insomnia commonly present in primary care and GPs and other members of the practice team have a key role to play in reducing their impact on physical and mental health. The resources provide evidence-based information to assist in the assessment and management of adult patients with obstructive sleep apnoea and chronic insomnia / insomnia disorder. The resources have been developed based on research evidence and reviewed by a multidisciplinary team with expertise in respiratory and sleep medicine, primary care, psychology, and pharmacy. The resources have been endorsed by the Australasian Sleep Association and approved as a RACGP Accepted Clinical Resource.

**Learning outcomes**

1. Understand the content and how to use of the Sleep Health Primary Care Resources
2. Knowledge of how the resources guide assessment and management of OSA and insomnia
3. Awareness of how to quickly access assessment questionnaires.