In summary, for an improvement in management of sleep disorders, we should consider two main factors:

1. Patients should be aware of the consequences of sleep disorders, in order to promote better symptom perception, self-reporting and encourage patients to seek medical services.

2. An adequate sleep educational background is warranted for health professionals. Adequate training of physicians and practice nurses, particularly in primary care, has the potential to improve patient access to sleep services, which may benefit some regions where the access to specialist services can be limited.

The current situation highlights the importance and necessity of developing sleep awareness and qualification programmes for clinicians around the world.

Conflicts of interest

The authors have no conflicts of interest to declare.

Author contributions

All authors contributed to study concept, drafting of manuscript and critical revision of manuscript for intellectual content.

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