

# Question for self-control

1. The factors contributing to the development of insomnia/ stress or increased anxiety /asthenic syndrome.
2. Threatening symptoms in patients with insomnia/ stress or increased anxiety /asthenic syndrome /increased anxiety
3. Non-pharmacological methods for the correction of insomnia/ stress or increased anxiety /asthenic syndrome.
4. The conditions for rational use and the peculiarities of the pharmaceutical care of patients when taking adaptogenic herbal preparations.
5. The conditions of rational use and the peculiarities of the pharmaceutical care of patients when taking OTC sleeping pills.
6. The conditions for the rational use of sedatives and the characteristics of the pharmaceutical care of patients in their use.