THE HUNGARIAN SLEEP BOOK

2019

MAGYAR ALVÁS SZÖVETSÉG
HUNGARIAN SLEEP ASSOCIATION

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Sleepiness and sleep-deprivation is the cause behind many diseases,and their consequence has increasingly become an endemic; we must pay much closer attention to its prevention and treatment. The internationally acknowledged experts of Hungarian sleep medicinewish to boost the global trend with their new publication, the Hungarian Sleep Book:as the world's population is facing declining sleep trends, reversing these processes is a matter of international intervention. It's a daily responsibility of doctors, healers, patients and healthy individuals alike to set forth the new directions of sleep sciences and be able to utilise their findings as quickly as possible. The fundamental life forces,the ancient energy sources, such as light, air, water and nutrition are indispensable for good sleep. Many ongoing research efforts and experiments are aimed at understanding the role of these factors inphysiological processes. It was not until the last few decades, for example, that the scientific world started scientifically processing the correlations between water and sleep. The Hungarian Sleep Association welcomes and supports all efforts that bring us closer to a deeper understanding offundamental physiological processes,such as the effects of light, oxygen and water on our sleep and our everyday life.

G. NÉMETH György
President of the Hungarian Sleep Association
Coordination for Eastern Europe 2019,
World Sleep Society/World Sleep Day

HUNGARIAN BOOK OF SLEEP - CONTENTS

Foreword
Allan O'Bryan, MAcc, CPA, Executive Director, World Sleep Society, Founded by World Association of Sleep Medicine & World Sleep Federation

Sleep Culture – introduction (G. NÉMETH György)
The place and role of Sleep in science – the sleep "revolution". International and Hungarian organisations, World Association of Sleep Medicine, World Sleep Society, Hungarian Sleep Association.

I. Sleep and Health
The physiological background of sleep (Dr. BÓDIZS Róbert)
Sleep Medicine (Dr. VIDA Zsuzsanna)
The psychology of sleep (Dr. PUREBL György)

II. Sleep and Lifestyle
Sleep and light (Dr. SÁNDOR Edit)
Sleep and exercise (Dr. TÓTH János, orthopaedist)
Sleep and air (Dr. KUNOS László, pulmonologist)
Sleep and air (Dr. PILLING JÁNOS)
Sleep and water (Dr. SZALKAI Iván)
Sleep and nutrition (ERDÉLYI Aliz, nutritionist)
Sleep and teeth (Dr. SZABÓ Beatrix, Dr. HERMANN Gábor, dental specialists)
Sleep from the perspective of an otolaryngologist (Dr. SZALMAY Gábor)

III. Sleep Workshop
A holistic approach to sleep medicine (Dr. VARGA Imre)
Fusion Vital Firstbeat – pulse variation algorithm, international and Hungarian findings (VADA Gergely
Implementing sleep programs in hospitals (Dr. SZABÓ József – Zalaegerszeg)
Personal sleep improvement programme, sleep diary, relaxation exercises, questionnaires, surveys, training techniques (Dr. SZALAY Katalin)

Sleep Literature, Index
opportunities, products, methods and procedures to help sleep

The Hungarian Sleep Book will be published in Hungary, february 2019.

Contact and order:
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