

Fatunsi saying that his greatest desire for the meeting was to have a strong study group on sleep emerge to give concentrated efforts at expanding knowledge around sleep also pledged his support to sleep research at the University.

He urged increased enlightenment on sleep problems in the community, saying there is help for sleep problems.

Dr Taofeek Sunmonu, a neurologist at the Federal Medical Centre, Owo, Ondo State, who gave an overview and classification of sleep disorders, listed the common sleeping problems to include snoring, sleep apnoea, insomnia, sleep deprivation, and restless legs syndrome.

Sunmonu corroborated that sleep problems are common in the Nigerian population, and thus, the need for health care providers to be familiar with the health challenge given the importance of sleep for survival, normal physical and mental function as well as in building body immunity against diseases.

Also speaking on causes of insomnia, a common reason for poor sleep, Dr Kolawole Mosaku, a psychiatrist said that between

## WWD: Nestle to train 8,000 students on water preservation

AS Nigeria joined the rest of the world to mark the 2016 World Water Day, Nestle Nigeria Plc, disclosed that it will be training over 8,000 students in selected states in the country on the challenges and preservation of fresh water.

The Country Business Manager, Nestle Waters, Mr. Jason Lambe spoke at an event organised by the company to commemorate 2016 World Water Day, held at Nestle Factory, Agbara, Ogun state.

Lambe, who said the goal of the World Water Day is to draw attention and global awareness on the importance of freshwater and conservation, explained that the company decided to use the event to educate children from communities near the company's bottling sites about water cycle and water challenges facing the world.

He added that the water preservation education is carried out through fun, hands-on pedagogical activities developed by Nestle Waters NGO partner, Project Wet.

The Country Business Manager, further stated that "children as the water stewards of the future

and teachers participate in the programme tagged 'Together for Water' festivals, to increase awareness of the importance of freshwater for nature, healthy hydration, good hygiene and disease prevention".

While saying Nestle Waters will continue to collaborate with stakeholders and other relevant government agencies to sensitise Nigerians on the need to protect this important nat-

ural resource, Lambe said the company has improved its water efficiency globally by 19 per cent over the last five years. He added that Nestle Waters will continue to drive strongly its water education programme in schools.

"In 2015, a total of 5,994 school children and 363 teachers in 115 schools in Lagos and Osun states benefited from the programme. PWET is expect-

ed to expand to other parts of the country with a target to reach over 8,000 students by end of 2016.

"For Nestle, as for all impacted by water challenges, we believe that solutions ultimately depends on government and collaboration across sectors, and so we are committed to action-oriented dialogue with all stakeholders from policy makers to teachers and pupils", Lambe submitted.

## CDC builds management capacity of laboratory scientists

THE US Centre for Diseases Control (CDC) and Association of Public Health Laboratories (APHL) has trained 100 medical laboratory scientists on laboratory leadership and management to foster some challenges envisaged with the autonomy of medical health services in Nigeria's hospitals.

The training which took place concomitantly in Oyo, Nasarawa and Kaduna States involved medical laboratory scientists drawn from public and private hospitals in the country.

Speaking in Ibadan at the close of the five-day training carried out in collaboration with Association of

Medical Laboratory Scientists of Nigeria (AMLSN), Oyo state branch, representative of CDC, Dr David Ajayi said the training became imperative to build their management skills and ensure that they are able to plan strategically.

Ajayi said medical laboratory science practitioners, that enter the management cadre are also expected to be better managers of resources and people.

He declared: "An assessment by the Association of Public Health Laboratories of the USA in almost all African countries found that there is a deficiency in the area of management among medical laboratory

scientists.

"Its' ultimate goal is to improve quality of services rendered by medical laboratory personnel, hoping that the training will be stepped down by the participants to others in their hospitals."

AMLSN's Oyo State branch, Chairman, Mr Kehinde Adegoke at the event urging the participants to translate the training into their day-to day activities in the hospital, said "we feel we have to develop the skills of our members, especially now that we are clamouring for autonomy, including directorate of laboratory services in our institutions.

ter than cure and as such we should take our oral health seriously. The brush day and night campaign is part of Unilever's vision to improve lives of Nigerians and by 2020 we have a commitment to have impacted the life of 10 million children across the country.

Also speaking, the President, Nigerian Dental Association, Dr. Olabode Ijarogbe said Nigerians should see their oral health as closely integrated with their general health system as the mouth is the gate way to the body and several oral diseases are related to non-communicable diseases such as diabetes mellitus and hypertension.

Commenting on Pepsodent, Brand Manager Pepsodent, George Umoh said "We are driving positive habit change and promoting the culture of brushing twice daily - day and night- which is a global best practice to healthy living.

"Pepsodent Triple Protection is one big breakthrough formulation that guarantees protection against cavities, stains and bad breath and these are the most prevalent oral care needs in many homes."