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**THE HUNGARIAN SLEEP BOOK 2019**

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

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**FOREWORD** – **Allan O’Bryan, MAcc, CPA,**Executive Director, World Sleep Society, Founded by World Association of Sleep Medicine & World Sleep Federation

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opportunities, products, methods and procedures to help sleep

The Hungarian Sleep Book will be published in Hungary in February 2019 (Budapest).

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