

**WORLD SLEEP DAY® (WSD) – WHAT IS IT?**

World Sleep Day is an annual, global call to action about the importance of healthy sleep. The focus of WSD is to bring cognizance to the many burdens of sleep problems, as well as the importance of healthy sleep. WSD publicly displays efforts being taken toward prevention and management of sleep disorders. Created and hosted by World Sleep Society, World Sleep Day is an internationally recognized awareness event bringing researchers, health professionals and patients together to recognize sleep and its important impact on our health.

WSD is chaired by committee member Liborio Parrino, MD, PhD Associate Professor of Neurology at Parma University, Italy; with support from World Sleep Society’s staff and a [full committee](http://worldsleepday.org/about-us/committee).

WSD events take place globally, but are listed together online at [www.worldsleepday.org](http://www.worldsleepday.org). In the past, World Sleep Day delegates have worked locally to spread awareness of sleep issues by hosting special events, translating materials, distributing booklets and pamphlets on sleep, hosting school events, press conferences and securing media coverage around the world. Delegates also created content such as public lectures and workshops, appearances on local television and radio shows, booklets, pamphlets, promotional videos, and press releases on sleep. Plan your own World Sleep Day activity today on [www.worldsleepday.org/get-involved](http://www.worldsleepday.org/get-involved).

**2020 will mark the 13th annual World Sleep Day on March 13, 2020 and incorporate the slogan: Better Sleep, Better Life, Better Planet.
Appendix A: Official Press Release
Appendix B: Logos**

**KEY MESSAGES**

The following key messages are designed to give a template to work from and can be adapted to suit the media environment and focus within your countries. The key messages should be used as talking points to guide a consistent message with others around the world. Bolded key messages should be viewed as primary messages when time or space is limited.

**Slogan/Theme: Better Sleep, Better Life, Better Planet**

World Sleep Day 2020 will incorporate the slogan, ‘Better Sleep, Better Life, Better Planet,' highlighting sleep's important place as a pillar of health, allowing for better decision making and cognitive understanding in even big issues, such as our planet. This focus is purposefully broad in meaning, surrounding the message that quality of life can be improved with healthy sleep. Conversely, when sleep fails, health declines, decreasing quality of life. Sound sleep is a treasured function. World Sleep Society has compiled ten tips for healthier sleep. These recommendations for children and adults can be viewed on [worldsleepday.org under resources](http://worldsleepday.org/10-commandments-of-sleep-hygiene-for-adults).

**2020 Quotes**

Dr. Liborio Parrino is Chair of the World Sleep Day Committee. Dr. Parrino expresses, “If we really want to contribute to the planet’s survival, a wise activity is to extend the period of our sleep time. That’s why this year’s World Sleep Day slogan connects good sleep to improved planet health.” Increased sleep periods mean less consumption of fuel, electricity, food and oxygen (breathing is attenuated during sleep). Better quality sleep also reduces the risk of labor-related and road accidents, promotes the secretion of melatonin and protects the natural circadian clock, which can prevent premature aging in humans. Dr. Parrino adds, “Extending our sleep period also improves our mental and body performances during the day and, last but not least, enhances our dreaming experience, as REM stages are mostly concentrated in the final portion of sleep, which is often curtailed by the urging rules of modern life.”

Phyllis C. Zee, MD, PhD, Professor of Neurology and Director of the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of Medicine goes on to suggest, “Actions we can take include prioritizing sleep with exercise and nutrition, maintaining regular sleep and wake timing, averaging 7-9 hours of sleep duration and if suffering from a chronic sleep disturbance, by discussing sleep with your doctor.” Over the past decade, there have been major advances in our understanding of neural mechanisms, linking the important relationship between sleep and cognitive health. Mounting evidence indicates that sleep is an active process in which recently-encoded memories are consolidated and transferred for long-term storage. Dr. Zee adds, “Sleep enhances the ability to remove waste products from the brain—which can harm brain function.”

Professor Fang Han, MD of The Sleep Center, Peking University People’s Hospital in Beijing, China states, “Sleep is important for one’s cognitive health. Sleep can restore your brain function in many aspects, such as learning, memory, and mood.” Sleep disorders may cause impairment of a person’s oxygen supply, disturb your immunological system, or damage your brain structure. Dr. Han states, “World Sleep Day is an opportunity to be aware, sleep regularly, sleep enough, and treat sleep disorders.”

Arianna Huffington, founder and CEO of Thrive Global says, “Sleep is central to every aspect of our well-being—our physical health, our mental health, our productivity and our decision-making. Our world is facing huge crises on multiple fronts, and we need all the resilience, wisdom and sound decision-making we can muster. We can’t take care of our world if we don’t take care of ourselves—and that begins with sleep.” For the fourth year, World Sleep Day is being endorsed by Ms. Huffington and Thrive Global with additional sleep content available at <https://thriveglobal.com/authors/world-sleep-society/>.

**New Research:** Emerging evidence suggests a connection between premature cell aging and poor sleep. Studies have shown that telomeres are the caps at the end of each strand of DNA protecting chromosomes; short telomere length is associated with premature cellular aging and generally associated with increased cancer risk. Interestingly, individuals with obstructive sleep apnea also have shorter telomere lengths (Huang et al. 2018) suggesting that sleep apnea is another factor causing premature cell aging.

**GENERAL FACTS**

* Most sleep disorders are preventable or treatable, yet less than one-third of sufferers seek professional help.4
* Sleep problems constitute a global epidemic that threatens health and quality of life for up to 45% of the world’s population.3
* Better understanding of sleep conditions and more research into the area will help reduce the burden of sleep disorders on society.
* Three elements of good quality sleep are:
	+ **Duration:** The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
	+ **Continuity:** Sleep periods should be seamless without fragmentation.
	+ **Depth:** Sleep should be deep enough to be restorative.

**WORLD SLEEP DAY® (WSD) – HISTORY**

The first WSD was held on March 14, 2008, under the slogan “Sleep Well, Live Fully Awake.” The annual awareness day is held the Friday before Spring Vernal Equinox.

* “Sleep Well, Live Fully Awake” – March 14, 2008
* “Drive Alert, Arrive Safe” – March 20, 2009
* “Sleep Well, Stay Healthy” – March 19, 2010
* “Sleep Well, Grow Healthy” – March 18, 2011
* “Breathe Easily, Sleep Well” – March 16, 2012
* “Good Sleep, Healthy Aging” – March 15, 2013
* “Restful Sleep, Easy Breathing, Healthy Body” – March 14, 2014
* “When Sleep is Sound, Health and Happiness Abound” – March 13, 2015
* “Good Sleep is a Reachable Dream” – March 18, 2016
* “Sleep Soundly, Nurture Life” – March 17, 2017
* “Join the Sleep World, Preserve Your Rhythms to Enjoy Life” – March 16, 2018
* “Healthy Sleep, Healthy Aging”– March 15, 2019
* “Better Sleep, Better Life, Better Planet”– March 13, 2020
* The following WSD will be Friday, March 12, 2021

**Media spokespeople**

Where possible, we suggest identifying and preparing a message for an internal spokesperson to front your WSD activities. Depending on time and resources, media/message training may also help to prepare your spokesperson for various media activities such as telephone interviews, live television, or radio. World Sleep Society has a list of spokespeople from countries around the world. Please contact World Sleep Society at info@worldsleepsociety.org for the list or to be considered as a spokesperson.

**TALKING POINTS**

Primary:

* Research shows that we spend up to one-third of our lives sleeping. Sleep is a basic human need, much like eating and drinking, and is crucial to our overall health and well-being.
* Sleep, like exercise and nutrition, is essential for metabolic regulation in children. There is evidence for a link between sleep duration and childhood obesity. The findings are more apparent in girls. Sleep duration is the effect of day-to-day variability of sleep-wake timing on weight regulation. 19,20
* Breathing regularly during sleep is critical to maintain well-being and health. Persistent interruption of the breathing function during sleep is called sleep apnea. This is a pervasive and common disorder that affects 4% of men and 2% of women.22
* Sleep apnea causes daytime sleepiness and fatigue, and may lead to conditions such as hypertension, ischemic heart disease, stroke 27, and diabetes.
* Lack of sleep or poor quality sleep is known to have a significant negative impact on our health in the long and short term. Next day effects of poor quality sleep include a negative impact on our attention span, memory recall and learning.5 Longer term effects are being studied, but poor quality sleep or sleep deprivation has been associated with significant health problems, such as obesity, diabetes, weakened immune systems and even some cancers.6,7,8
* Lack of sleep is related to many psychological conditions such as depression, anxiety and psychosis.9,10
* Quality sleep is crucial to ensure good health and quality of life.

Importance of Sound, Restorative Sleep:

* Good quality and restorative sleep is essential for day-to-day functioning. Studies suggest that sleep quality rather than quantity has a greater impact on quality of life and daytime functioning.12
* Healthy sleep in children will improve the child’s overall wellness and development. WORLD SLEEP SOCIETY has created the [10 commandments of Healthy Sleep for Children](http://worldsleepday.org/10-commandments-for-children)**.**
* Poor quality sleep has a greater negative impact on health, well-being and satisfaction with life than the quantity of sleep a person gets.9,13
* Quality sleep is responsible for alertness, improved functioning the following day and better quality of life.

Consequences of Sleep Disorders

* Sleep disorders cause significant individual and societal burden and form a serious public health problem.
* Obstructive sleep apnea significantly impacts health and well-being. The drop in oxygen that occurs when breathing stops due to OSA puts a strain on the heart and can lead to a number of serious health conditions.
* Directly or indirectly, disrupted sleep can have a negative effect on family life and relationships by affecting a person’s mood and the way in which they are able to perform daily activities and interact socially.13

Extent of the Epidemic

* 35% of people do not feel they get enough sleep, impacting both their physical and mental health.21
* Obstructive sleep apnea (OSA) affects approximately 4% of the adult population. 21 If not properly managed, OSA can have a significant impact on a person’s health and well-being.
* Restless Legs Syndrome is a common disorder and occurs in between 3-10% of the population, although the number of people affected and the severity of the condition differs between countries.
* People who have OSA stop breathing repeatedly during sleep. OSA is caused by a blockage of the upper airway. The collapse of the airway may be due to factors such as a large tongue, extra tissue or decreased muscle tone holding the airway open.
* Each breathing pause can last from 10 seconds to more than a minute and is accompanied by a drop in oxygen associated with each event. The events may occur 5 to 50 times or more each hour. This puts a strain on the heart and can lead to a number of serious health conditions (U.S. Dept. of Health & Human Services, NIH, 2009).

Known Consequences: Some Statistics

* A US study has estimated the annual costs of insomnia to be between $92.5 billion and $107.5 billion.17
* 71,000 people suffer injuries every year due to sleep-related accidents.16
* 1,550 people die because of sleep-related accidents.16
* 46% of individuals with frequent sleep disturbances report missing work or events, or making errors at work, compared to 15% of healthy sleepers.18

Specific Sleep Disorders:

**Insomnia**

* Insomnia affects between 30-45% of the adult population.3
* Primary insomnia (insomnia with no underlying condition) affects 1-10% of the general population, increasing up to 25% in the elderly.3
* Lack of sleep or poor quality sleep also leaves us more vulnerable to accidents. People who suffer insomnia are seven times more likely to become involved in an accident causing death or serious injury than good sleepers.11
* Studies have shown that people with insomnia suffer from more symptoms of anxiety and depression than people without insomnia.9
* Insomnia has a negative impact in all areas of a sufferer’s life.
* Insomnia can affect work performance, with a change in character and a drop in the quality of work. If the disorder remains untreated, this may even lead to reduced job prospects and loss of employment.13

**Sleep Breathing Problems**

Obstructive sleep apnea is very prevalent, yet under recognized. The Wisconsin Sleep Cohort Study estimated a prevalence of 17% among men and 9% among women in that state in the United States. In northern India, the prevalence of obstructive sleep apnea and obstructive sleep apnea syndrome is 13.7%. OSA is an independent risk factor for hypertension and other cardiovascular ailments. In children, sleep apnea may be the underlying cause of neuropsychological disturbances. Pediatric sleep apnea is typically associated with adenotonsillar hypertrophy.

Untreated sleep apnea may lead to heart diseases, stroke, and vascular dementia. Both adults and children should be formally investigated in sleep centres if sleep apnea is suspected, because both adult and pediatric sleep apnea is treatable and correctable; a correct and precise diagnosis is always required. 26

Sleep apnea is diagnosed with polysomnography in the sleep laboratory. Treatment with non-invasive positive airway (continuous positive airway pressure, or CPAP) ventilation is generally successful. For mild forms of sleep apnea, the application of oral devices can be beneficial. Surgery to remove excessive tissues in the oropharynx may be considered for individuals who cannot tolerate non-invasive equipment or who have obvious obstruction to airflow in the oropharynx by redundant tissue growth or large tonsils. There is proof that successful correction of sleep apnea with non-invasive positive airway pressure ventilation lowers mean blood pressure and may reduce the risk of myocardial infarction and stroke. Excessive daytime somnolence generally improves with successful treatment of sleep apnea.

**HOW YOU CAN TAKE ACTION**

* Join World Sleep Day 2020 as a [delegate](http://worldsleepday.org/become-a-delegate) or a [supporter](http://worldsleepday.org/sponsor).
* Obtain more information at [**www.worldsleepday.org**](http://www.worldsleepday.org)**.**
* Be cognizant that most sleep problems can be managed by changing behaviors around sleep, medical therapy, or cognitive behavioral therapy.
* Be aware that patients suffering from sleep complaints, or who suffer from excessive daytime sleepiness, should see a physician and, if needed, obtain a consultation in a sleep center.

**AVAILABLE VIDEOS**

Informational and historical videos document significant discoveries in the field of sleep medicine. [View video content](http://worldsleepday.org/videos) including (but not limited to):

* Prof. Michel Billiard of Montpellier, France, gives a historical perspective of the evolution of narcolepsy as a clinical entity (English)
* Dr. Ernest Hartmann describes 50 years of dedication to the exploration of sleep and dreams
* Dr. Karl Ekbom Jr. narrates how his father Professor Karl-Axel Ekbom developed the modern concept of restless legs syndrome.
* Dr. Christian Guilleminault is interviewed providing details on early discovery of obstructive sleep apnea.

**PRINCIPLES OF GOOD SLEEP**

Following the guidelines of Sleep Hygiene can help to prevent poor quality nocturnal sleep, short duration of sleep, fragmentation of sleep and serious sleep deprivation in adults.

**10 COMMANDMENTS OF SLEEP HYGIENE FOR ADULTS**

1. Fix a bedtime and an awakening time.
2. If you are in the habit of taking siestas, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve the bed for sleep and sex. Don't use the bed as an office, workroom or recreation room.

**10 COMMANDMENTS OF SLEEP HYGIENCE FOR CHILDREN [AGES BIRTH TO 12 YEARS]**

1. Go to bed at the same time every night, preferably before 9:00PM.
2. Have an age-appropriate nap schedule.
3. 3**.** Establish a consistent bedtime routine.
4. Make your child’s bedroom sleep conducive – cool, dark, and quiet.
5. Encourage your child to fall asleep independently.
6. Avoid bright light at bedtime and during the night, and increase light exposure in the morning.
7. Avoid heavy meals and vigorous exercise close to bedtime.
8. Keep all electronics, including televisions, computers, and cell phones, out of the bedroom and limit the use of electronics before bedtime.
9. Avoid caffeine, including many sodas, coffee, and teas (as well as iced tea).
10. Keep a regular daily schedule, including consistent mealtimes.

**ABOUT WORLD SLEEP SOCIETY**

World Sleep Day is organized by World Sleep Society, an international association whose mission is to advance sleep health worldwide. World Sleep Society hosts a biennial scientific congress on sleep medicine aiming to globally connect sleep professionals and researchers to advance current knowledge on sleep. A job board has also been created for sleep medicine professionals on [www.worldsleepsociety.org](http://www.worldsleepsociety.org/). Follow the excitement on Twitter [@\_WorldSleep](https://twitter.com/_WorldSleep) and [facebook.com/WASMF](https://www.facebook.com/wasmf/).

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**APPENDIX A – PRESS RELEASE [BEGINS ON NEXT PAGE]**



FOR IMMEDIATE RELEASE

World Sleep Society
+1.507.316.0084

info@worldsleepsociety.org

<http://worldsleepday.org/>

**CELEBRATE WORLD SLEEP DAY® ON MARCH 13
TO ADVANCE SLEEP HEALTH WORLDWIDE**

**ROCHESTER, MN – January 2, 2020—**World Sleep Society is issuing a global call to action about the importance of healthy sleep. Friday, **March 13, 2020** is the 13th annual World Sleep Day®. Created and hosted by World Sleep Society, [World Sleep Day](http://worldsleepday.org) is an internationally recognized awareness event bringing researchers, health professionals and patients together to recognize sleep and its important impact on our health.

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**CALL TO ACTION**

To participate in World Sleep Day, consider:

* Organizing an event to create excitement and generate interest in World Sleep Day.
* Circulating the official press release with sleep experts and local media.
* Distributing sleep patient literature such as booklets, leaflets and newsletters.
* Finding other ideas at worldsleepday.org.
* Spreading the word on social media about **#WorldSleepDay.**

More information can be viewed on [worldsleepday.org/get-involved/plan](http://worldsleepday.org/get-involved/plan).

**GLOBAL PARTNERSHIPS**

The 13th Annual World Sleep Day has partnered with Arianna Huffington’s Thrive Global and AmLife. More sponsors will be included before March.

Arianna Huffington, founder and CEO of *Thrive Global* says, “Sleep is central to every aspect of our well-being—our physical health, our mental health, our productivity and our decision-making. Our world is facing huge crises on multiple fronts, and we need all the resilience, wisdom and sound decision-making we can muster. We can’t take care of our world if we don’t take care of ourselves—and that begins with sleep.”

Mr. Lew Mun Yee, the founder of AmLife states, “AmLife is fully devoted in the noble mission of World Sleep Society in advocating better-quality sleep in mankind. AmLife proudly joins the

call for *Better Sleep, Better Life, Better Planet*, this year’s World Sleep Day theme. AmLife’s new tagline—Life. Redefined.—dovetails the 2020 theme. With better quality of sleep, life certainly can be redefined.”

**CONTACTS**

Allan O’Bryan, World Sleep Society Executive Director: obryan@worldsleepsociety.org
Dr. Liborio Parrino, 2020 World Sleep Day Committee Chair: liborio.parrino@unipr.it

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**About World Sleep Society**
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**About AmLife International**

AmLife established its sleep healthcare business to help consumers achieve optimal health in their daily sleep as well as enjoy the wonderful health-lifting and recuperative effects of its products. AmLife has pioneered the combination of bedding equipment and Japan's state-of-the-art technology to expand the unlimited potential of the sleep healthcare market, providing a brand-new health solution for modern-day people, which they can use every day.

**APPENDIX B – LOGOS**

Logos for 2020 World Sleep Day and World Sleep Society will be made available to delegates of World Sleep Day. [Become a delegate](http://worldsleepday.org/get-involved/delegate-form) to receive logo instructions of use. The use of the words “World Sleep Day” is copyrighted with the United States Patent and Trademark Office serial number 85274932. Written permission is required to use the words “World Sleep Day” and logos of World Sleep Day and World Sleep Society.



