

# 2021 World Sleep Day Activities

By Korean Sleep Research Society



**2021**  
**세계수면의 날**  
WORLD SLEEP DAY  
규칙적인 잠, 건강한미래  
2021. 3. 19<sup>FRI</sup>

**‘나는 의사다’ 보이는 라디오**

**3월 18일**  
수면의날 특집- 규칙적인 잠과 건강한 미래

**3월 25일**  
자려고 누우면 다리가 불편한가요?  
하지불안증후군



 **대한수면연구학회**  
KOREAN SLEEP RESEARCH SOCIETY

 **World Sleep Day**  
REGULAR SLEEP  
MARCH 19, 2021 HEALTHY FUTURE

**The Korean Sleep research society (KSRS)** hosted several fun activities to celebrate **2021 World Sleep day** and to endorse this year's motto "Regular sleep, Healthy future". Due to the pandemic situation, to provide information regarding the importance of regular sleep on health to the public, we chose **online talkshows and radio interviews**. The president of the KSRS, Dr. Cho, (on the far left of the picture), the director of public relations of KSRS, Dr. Kim (far right), and another board member, Dr. Moon (on the right of the second video) participated in the show called "**I am a doctor**" which is an audio-video medical podcast with quite a few subscribers. The first episode covered sleep hygiene, the importance of regular sleep, and its impact on physical and mental health as well as on academic performance. The second episode talked about restless legs syndrome, one of the common sleep disorders with circadian variation.



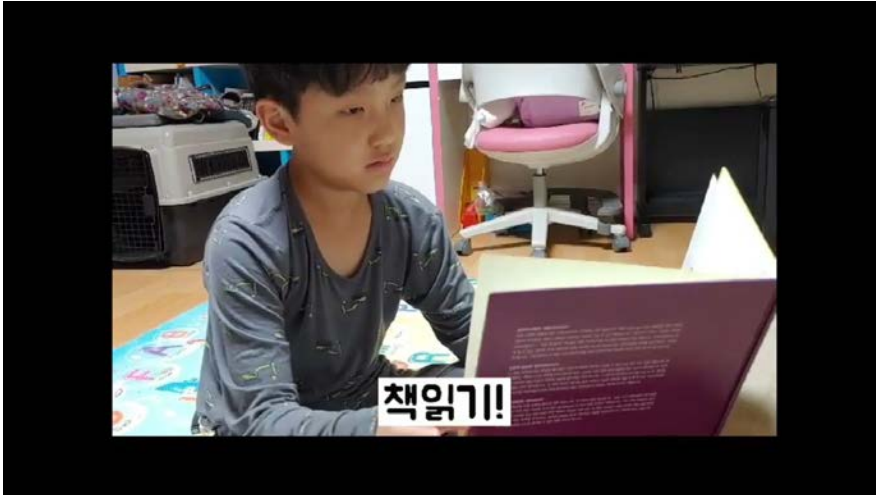
We also wanted to address World Sleep day not only to Korean nationals but also to many expats living in Korea. Dr. Pamela Song, one of the PR committee members, had an in-depth interview at Korea24, one of the KBS international radio programs. As this radio show has global listeners, we expected to spread of the word much more expansively on regular sleep and health outside of Korea!



Finally, the most fun activity organized by KSRS this year was an **online short video contest with the theme of 'sleep'**. The title of the contest was "Smart Sleep Life" named after the recent famous Korean drama. The goal was to reach out to the public and let contestants think and learn about sleep for themselves while making a video. The video was to be created in a free style presenting sleep and health, recounting personal experience of having trouble with sleep or providing tips for a good night's sleep. We received entries from contestants of various age groups including elementary school kids, middle school & high school

students, college students and a physician. We had 8 awardees. The videos were all incredibly unique, cute, informative, and fun to watch. All the videos were uploaded at KSRS YouTube channel (<https://www.youtube.com/channel/UCqO12VqUGtZZaKeCTAH5CKg>) and the links to videos were shared on the Facebook and twitter accounts of KSRS, with all the participants' informed consent. Here is the grand prize winner!





The second video was created by two elementary school kids featuring their dog!



The third video showed how important sleep is for good grades at school. The last one presented here showed a child who learned a lesson that watching Netflix all night disturbed her daytime functions and school life!

