



FOR IMMEDIATE RELEASE

World Sleep Society

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CELEBRATE WORLD SLEEP DAY® ON MARCH 18, 2022
TO ADVANCE SLEEP HEALTH WORLDWIDE

ROCHESTER, MN – March 18, 2022 — World Sleep Society is issuing a global call to action about the importance of healthy sleep. Friday, **March 18, 2022** is the 15th annual World Sleep Day®. Created and hosted by World Sleep Society, [World Sleep Day](#) (WSD) is an internationally recognized awareness event bringing researchers, health professionals and patients together to recognize sleep and its important impact on our health.

World Sleep Day 2022 will incorporate the slogan, “**Quality Sleep, Sound Mind, Happy World,**” highlighting sleep's vital role in good health, overall wellbeing and quality of life. WSD highlights the power of quality sleep for both physical and mental health in adults and children alike. Conversely, lack of sleep or poor sleep quality is known to have a significant negative impact on health — affecting attention, memory, learning, obesity, diabetes, weakened immune systems and other health problems.

The science is clear: Sound sleep is a vital component of health. To help improve sleep worldwide, World Sleep Society has compiled **10 Tips for Better Sleep**. These recommendations can be viewed on worldsleepday.org under Resources (worldsleepday.org/usetoolkit/resources).

WSD is co-chaired by Lourdes DelRosso, M.D., M.S., associate professor of pediatrics, associate sleep medicine fellowship director at the University of Washington, and Fang Han, M.D., a professor and the director of The Sleep Center at Peking University in Beijing, China.

“Sleep Quality is crucial for normal development, good decision making, mood regulation, memory consolidation ... all those attributes that contribute to having a sound mind!” says WSD co-chair Dr. DelRosso. “A full and clear thinking process gives us the ability to enjoy life and live happy. This year’s slogan emphasizes the importance of sleep in overall life fulfillment and happiness. At World Sleep Society we want to work hard to help people all over the world sleep better and therefore live a better and happy life. Happy World Sleep Day!”

WSD co-chair Dr. Fang Han adds, "Sleep contributes to better cognitive health, physical health and overall wellbeing for all people. To help achieve quality sleep, sleep medicine researchers recommend these principles: Spend time each day in natural daylight to help set the body clock. Maintain a regular exercise routine, and build physical activity into your day. Make time to relax before bedtime to set up for a good night's rest. And, finally, practice positivity. Researchers have found that a positive outlook is linked with better sleep."

CALL TO ACTION

Sleep is a crucial component of survival, much like breathing, eating a healthy diet or getting enough exercise. To help promote this important health initiative, participate in World Sleep Day by:

- 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 the World Sleep Day website at worldsleepday.org/get-involved/plan.

GLOBAL PARTNERSHIPS

The 15th Annual World Sleep Day has partnered with Langham Hospitality Group, AmLife and SleepScore Labs.

Langham Hospitality Group is dedicated to the sleep health of their guests. “Sleep is one of the essential connections between our hotels and our guests,” says Bob van den Oord, Regional Vice President – Operations for North America, Europe and the Middle East, Langham Hospitality Group. “That is why we globally launched Sleep Matters by Chuan in collaboration with the World Sleep Society, who bring a world of scientific expertise and authority to the programme. Sleep Matters is thoughtfully designed to enhance the wellness of our guests with better rest, new rituals and habits that they can take home and use long after they have stayed with us.”

To mark World Sleep Day, AmLife is committed to increase the public’s understanding around getting adequate sleep. As a sleep health business, AmLife recognizes the importance of healthy sleep, stating: “AmLife is fully devoted to the noble mission of World Sleep Society in advocating better-quality sleep in mankind. AmLife proudly joins the call for Quality Sleep, Sound Mind, Happy World, this year’s World Sleep Day theme. AmLife’s slogan—Recharge Your Health In Sleep—dovetails the 2022 theme. With better quality of sleep, life certainly can be redefined.”

Healthy sleep is core to SleepScore Labs’s mission. Their leadership says, “SleepScore Labs is made up of a team of sleep improvement activists using the most powerful data intelligence platform to empower billions of people to get their best sleep, benefiting their physical, mental, and emotional wellbeing. We support World Sleep Day and its impact to raise awareness about the power of sleep health and its call to action to prioritize healthy sleep every night of the year.”

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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 virtual meeting is also underway with details on worldsleepsociety.org. Follow the excitement on Twitter [@_WorldSleep](https://twitter.com/WorldSleep) and facebook.com/WASMF.