



**MADRAS ENT RESEARCH FOUNDATION (P) LTD**

**FIRST NABH ACCREDITED ENT HOSPITAL IN TAMIL NADU**

1, I Cross Street, Off. II Main Road, Raja Annamalaipuram, Chennai - 600 028, Tamil Nadu, India

Tel : 24311411 - 15, 48621409, 48631409 E-mail : merfmk30@yahoo.com

Website : www.merfmk.com



**IASSA - MERF - Walkathon**

**World Sleep Day 2024**

**Press Note**

### **Unlocking the Power of Sleep "Stay Fit - Stop Snoring"**

The **Indian Association of Surgeons for Sleep Apnoea (IASSA)** in association with the **Madras ENT Research Foundation (MERF)**, hosts a Free Consultation, Public Awareness talks and a **Walkathon** in Celebration of World Sleep Day.

As part of its commitment to promoting healthy living and well-being, IASSA & MERF are proud to announce its initiative in celebration of World Sleep Day. On **24th March 2024** join us for a day dedicated to understanding the importance of quality sleep, addressing snoring issues, and fostering awareness about sleep-related issues through exercise.

World Sleep Day, is observed annually on the 3rd Friday of March and this year it falls on the 15th of March. It serves as a global call for all sleep-related health advocates, to create awareness and to prioritize sleep as a fundamental component of overall health and wellness. This year's theme, "**Sleep Equity for Global Health,**" underscores the significance of addressing sleep disorders and improving sleep quality for individuals worldwide.

The event will kick off with a series of free consultations conducted by experienced sleep specialists, offering participants personalized insights and guidance on optimising their sleep routines. One common sleep issue that will be addressed is snoring, a potential indicator of underlying sleep disorders such as sleep apnea.

**Dr. Vijaya Krishnan**, who is the **President of the Indian Association of Surgeons for Sleep Apnoea** and heads the Department of Snoring and Sleep Apnoea at Madras ENT Research Foundation will provide information on snoring causes, effects, and available treatment options, empowering individuals to take proactive steps towards addressing this common sleep concern.

In addition to consultations, participants are invited to join us for a rejuvenating walkathon, where we'll be engaging in light exercise and mindfulness activities. Regular physical activity is not only beneficial for overall health but also plays a significant role in promoting restful sleep. By incorporating exercise into your daily routine, you can enhance sleep quality, reduce stress, and improve overall well-being.



# MADRAS ENT RESEARCH FOUNDATION (P) LTD

FIRST NABH ACCREDITED ENT HOSPITAL IN TAMIL NADU

1, I Cross Street, Off. II Main Road, Raja Annamalaipuram, Chennai - 600 028, Tamil Nadu, India

Tel : 24311411 - 15, 48621409, 48631409 E-mail : merfmk30@yahoo.com

Website : www.merfmk.com



"We are excited to offer this comprehensive approach to sleep health on World Sleep Day," says Prof. Mohan Kameswaran, Managing Director at Madras ENT Research Foundation. "Snoring and insufficient physical activity are two factors that can significantly impact sleep quality and overall health. Through education, consultation, and exercise, we aim to empower individuals to make positive lifestyle changes that promote better sleep and enhance their quality of life."

Don't miss this opportunity to learn about the importance of quality sleep, address snoring concerns, and embrace a healthier lifestyle. **Join us on 24th March 2024** at Besant Nagar Beach near Annai Velankani Shrine for a walkathon at 6:30 am for empowerment, and relaxation as we celebrate World Sleep Day together.

#### Event Details: IASSA's Walkathon

Date: 24th March 2024

Time: 6 30 am - 8 30 am

Location: Annai Velankanni Shrine, 4, Annai Velankanni Road, Odaimanagar, Besant Nagar, Chennai, Tamil Nadu 600090

Admission: Free

For more information and to RSVP, please contact Dr Vijaya Krishnan at Madras ENT Research Foundation, 1, 1st Cross St, 2nd Main Road, Raja Annamalaipuram, Chennai - 600028.

Indian Association of Surgeons for Sleep Apnoea is a non-profit association of surgeons and physicians who treat snoring and sleep apnoea. Through our diverse programs and initiatives, we strive to create awareness about snoring and sleep disorders.

For media inquiries, please contact:

#### Dr Vijaya Krishnan

ENT Surgeon, MERF

President IASSA

Chennai

9884696362

drpvk77@gmail.com