



History of the World Sleep Day

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Abstract

Background

Sleep has also been cherished by society as a basic human need with a crucial importance for human health. People spend around one third of their lives sleeping. Nowadays, it has never been harder to achieve a restful sleep. When sleep is better understood, that will lessen the drawbacks of the different sleep disorders. Healthy sleep is important for maintaining physical and mental health in adult individuals. Sleep deprivation poses a significant risk for the individual and leads to psychological conditions, such as depression and anxiety. Several sleep disorders are known to the science. If breathing during sleep is not regular, a case of obstructive sleep apnea (OSA) may have been diagnosed.

The World Sleep Day is traditionally celebrated in March, on the Friday before the Spring vernal equinox of each year. It is a global awareness and internationally recognized event, organized annually since 2008 by the World Sleep Day Committee of the World Sleep Society. Organizers aim to raise awareness of the problems with proper sleep, sleep disorders and aspects connected to it – medical, social, educational and others.

Methods

Scientific databases – PubMed, SCOPUS and MEDLINE were used to search for the information targeted. The following keywords – World Sleep Day, history, events, prophylaxis, sleep disorders were used. Information from the official websites of the societies involved in celebrating World Sleep Day was included as well.

The aim of the following article is to study the history of the event from its foundation till today, aiming to stress out its usefulness.

Results and discussion

World Sleep Days has been internationally celebrated since 2008 for 15 years now. Since 2016, Bulgaria actively participates in all events organized by the World Sleep Society – Scientific symposiums, prophylactic check-ups for obstructive sleep apnea, elective disciplines in the teaching of students are organized. Importance is put on informing society about the dangers of undiagnosed and untreated sleep disorders, especially sleep apnea. Sleep medicine and Dental Sleep medicine are not recognized as medical specialties in the Republic of Bulgaria.

Conclusions

Problems of sleep are extremely common in our days. The situation is continuously being worsened due to the hyperconnectivity people experience with the glowing computer and mobile phone screens. It is admirable that specialists in the field and society try to raise awareness and combat the poor sleep quality consequences. Only by doing the abovementioned, alleviation of the undesirable outcomes of irregular sleep can be reached. Legislative measures should be taken in order to certify Sleep medicine and Dental sleep medicine as medical specialties in the Republic of Bulgaria.

Key words: World Sleep Day, history, events, prophylaxis, sleep disorders, obstructive sleep apnea

Background

Sleep has also been cherished by society as a basic human need with a crucial importance for human health. People spend around one third of their lives sleeping. Nowadays, it has never been harder to achieve a restful sleep. When sleep is better understood, that will lessen the drawbacks of the different sleep disorders. Healthy sleep is important for metabolic regulations in children, for maintaining physical and mental health in adult individuals. Sleep deprivation poses a significant risk for the individual and leads to psychological conditions, such as depression and anxiety. [1], [2], [12] Several sleep disorders are known to the science. If breathing during sleep is not regular, a case of obstructive sleep apnea (OSA) may have been diagnosed. It is characterized by persistent interruptions of the breathing functions dur-

ing sleep, due to a blockage in the upper respiratory tract. It is an extremely common disorder in our days, affecting more men than women – around 4% of men and 2% of women. [3] According to the Wisconsin Sleep Cohort Study a prevalence of 17% among men and 9% among women in that state in the United States of America was reported. [4], [12] Untreated OSA causes excessive daytime sleepiness (EDS), increased somnolence and fatigue, poses a serious risk for developing hypertension, ischemic heart disease, cerebrovascular diseases, diabetes, metabolic syndrome and others. [5], [12] Motor vehicle accidents must not be omitted when discussing obstructive sleep apnea consequences. According to USA's National Highway Traffic Safety [6] 1,550 people die a year due to sleep-related accidents. 71,000 people get injured a year, again due to sleep-related accidents. [7], [12]

The World Sleep Day is traditionally celebrated in March, on the Friday before the Spring vernal equinox of each year. It is a global awareness and internationally recognized event, organized annually since 2008 by the World Sleep Day Committee of the World Sleep Society, formerly known as the World Association of Sleep medicine (WASM). World Sleep Society is an international association with a mission to give a rise in sleep health around the world. Organizers aim to raise awareness of the problems with proper sleep, sleep disorders and aspects connected to it – medical, social, educational and others. According to recent studies, sleeplessness causes the world more than a trillion dollars a year. [8]

Methods

Scientific databases – PubMed, SCOPUS and MEDLINE were used to search for the information targeted. The following keywords – World Sleep Day, history, events, prophylaxis, sleep were used. Information from the official websites of the societies involved in celebrating World Sleep Day was included as well.

The aim of the following article is to study the history of the event from its foundation till today, aiming to stress out its usefulness.

Results and discussion

In Table 1 all slogans under which World Sleep Day has been organized since 2008, are put, as found in the official website of the Campaign. (Table 1) [9]

Table 1. Official slogans of the World Sleep Day since its first year of celebrating in 2008

Year	Official slogan of the event
2008	"Sleep Well, Live Fully Awake"
2009	"Drive Alert, Arrive Safe"
2010	"Sleep Well, Stay Healthy"
2011	"Sleep Well, Grow Healthy"
2012	"Breathe Easily, Sleep Well"
2013	"Good Sleep, Healthy Aging"
2014	"Restful Sleep, Easy Breathing, Healthy Body"
2015	"When Sleep is Sound, Health and Happiness Abound"
2016	"Good Sleep is a Reachable Dream"
2017	"Sleep Soundly, Nurture Life"
2018	"Join the Sleep World, Preserve Your Rhythms to Enjoy Life"
2019	"Healthy Sleep, Healthy Aging"
2020	"Better Sleep, Better Life, Better Planet"
2021	"Regular Sleep, Healthy Future"
2022	"Quality Sleep, Sound Mind, Happy World"

In 2022, World Sleep Day will be organized for 15th consecutive time. Medical University "Prof. Dr. Paraskev Stoyanov" and the Faculty of Dental medicine, has traditionally been a part of the celebrations of World Sleep Day since 2016. It participates in the event by organizing free prophylactic check-ups of patients with symptoms for obstructive sleep apnea, informational campaigns, symposiums, elective disciplines when teaching students. (Fig. 1-6) Importance is put on informing society about the dangers of undiagnosed and untreated sleep disorders, especially sleep apnea.

2022 will be the sixth year in which Medical University – Varna will join the celebrations. (Fig. 7)



Fig. 1. Moments from the celebrations of the first World Sleep Day in the Faculty of Dental medicine, Medical University – Varna – 18.03.2016 – Opening ceremony







Fig. 2-4. Moments from the celebrations of World Sleep Day in the Faculty of Dental medicine, Medical University – Varna – 2017



Fig. 5. Moments from the celebrations of World Sleep Day in the Faculty of Dental medicine, Medical University – Varna – 2018 – Scientific Symposium, lectures part



Fig. 6. Moments from the celebrations of World Sleep Day in the Faculty of Dental medicine, Medical University – Varna – 2019



World Sleep Day
Hosted by World Sleep Society
MARCH 18, 2022
QUALITY SLEEP | SOUND MIND | HAPPY WORLD

Medical University "Prof. Dr. Paraskev Stoyanov"- Varna organizes for the sixth consecutive time a celebration of the World Sleep Day. It is carried out together with the University Medical and Dental Center, the Bulgarian Society of Obstructive Sleep Apnea and Snoring, and the World Sleep Association as well.

The celebration will take place in the Affiliates of Medical University - Varna in Shumen, Veliko Tarnovo and Sliven.

In the period March 18 - April 07, 2022 free diagnostic and consultative examinations of people with sleep problems will be held on the territory of the University Medical and Dental Center.

Address: Varna, 84 Tsar Osvoboditel Blvd., 1st floor, office 114.

Patients will be examined after booking a free visit on the following telephone numbers:
+35952677299, +359882413456





Fig. 7. Official poster of the World Sleep Day 2022 in Medical University – Varna – 18.03.2022



Founded in 2012, with more than 100 active members, the Bulgarian Association of Obstructive sleep apnea and snoring with its President Assoc. prof. Dr. Mario Milkov, MD, PhD became a member of World Sleep society in 2016. [10] (Fig. 8) The Bulgarian Academy of Sleep medicine was established in 2019.



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ХЪРКАНЕ**

Fig. 8. Official logo of the Bulgarian Association of Obstructive Sleep apnea and snoring

In Table 2 summarized information of number of delegates, events organized, countries participated can be found. (Table 2) [11]

Table 2. Summarized information for international World Sleep Day activities in the period 2016-2020

Year	Official delegates participated	Activities taken places	Countries participated	New countries participated for the specified year
2016	152		33	14
2017	295+	155	58	7
2018	282+	149	55	7
2019	352+	200+	53	7
2020	382	199	56	3

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