

# WORLD FEDERATION OF NEUROLOGY

## REPORT OF THE SLEEP RESEARCH GROUP 2008-2009

CHAIR: Antonio Culebras, MD

### 1. Declaration adopted by the Sleep Research Group

*\* Whereas, sleepiness and sleeplessness are a global epidemic that threaten health and quality of life,*

*\* Whereas, much can be done to prevent and treat sleepiness and sleeplessness,*

*\* Whereas, professional and public awareness are the first steps to action,*

*\* We hereby declare the disorders of sleep and alertness preventable and treatable medical conditions in all countries of the world.*

### 2. Proposal of the Sleep RG for participation in WCN2009 BANGKOK

#### SCIENTIFIC PROGRAM

Day	Date	Time	Program	Session
Wednesday	28 October 2009	07.00-08.00	Education	Meet the professor

Last Name	First Name	Topic	Country	Email Address
Culebras	Antonio	Sleep Disorders	USA	aculebras@aol.com
Kotchabhakdi	Naipinich	Sleep Disorders	Thailand	scnkc@mahidol.ac.th

Day	Date	Time	Program	Session
Wednesday	28 October 2009	09.00-10.30	Scientific	Sleep Disorder 1

Last Name	First Name	Topic	Country	Email Address
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Culebras	Antonio	Chair	USA	aculebras@aol.com
King	Philip	Neurological sleep apnea	Australia	<a href="mailto:pking9@bigpond.net.au">pking9@bigpond.net.au</a>
Culebras	Antonio	REM sleep behavior disorder	USA	aculebras@aol.com
Kotchabhakdi	Naiphinich	Sudden death in sleep	Thailand	scnkc@mahidol.ac.th

Day	Date	Time	Program	Session
Wednesday	28 October 2009	11.00-12.30	Scientific	Sleep Disorder 2

Last Name	First Name	Topic	Country	Email Address
Kotchabhakdi	Naiphinich	Chair	Thailand	scnkc@mahidol.ac.th
Bassetti	Claudio	Insomnia and hypersomnia	Switzerland	claudio.bassetti@usz.ch
Culebras	Antonio	Narcolepsy: diagnosis and management	USA	aculebras@aol.com
TBA		Restless legs syndrome: diagnosis and management		

### **3. World Sleep Day 2009 endorsed by the WFN Sleep Research Group**

#### **SLOGAN 'Drive alert, arrive safe'**

Improved diagnosis and treatment of sleep disorders could help to cut fatal or serious road traffic accidents by up to one third<sup>1</sup>, according to the World Association of Sleep Medicine. The announcement was made on the second annual **World Sleep Day, Friday 20<sup>th</sup> March, 2009**, an international event aimed at raising awareness of the burden and impact of sleep disorders. The day also highlights the dangers of drowsy driving which can lead to accidents caused by people suffering next day effects of sleep problems, such as excessive daytime sleepiness and poor concentration. *World sleep Day is sponsored by the World Association of Sleep Medicine and endorsed by the Sleep Research Group of the WFN.*

Insomnia, one of the most common sleep complaints has been linked to a significant rise in road traffic accidents, 35% of all accidents are caused by drivers who have not had enough sleep or have not had restorative (quality) sleep.<sup>1</sup> Poor alertness and efficiency, caused by poor quality

sleep raise the risk of vehicle or occupational accidents.<sup>2</sup> As a result, tiredness while driving is responsible for a large number of accidents and deaths. People with insomnia are also up to seven times more likely to be involved in work accidents that cause serious injury or death.<sup>2</sup>

In the USA, 40,000-50,000 people die yearly in traffic accidents, as noted by Catesby Ware, Chief of the Division of Sleep Medicine at Eastern Virginia Medical School. Up to 20% are thought related to fatigue and tiredness. Sleepiness, like drinking alcohol, destabilizes the car's position on the road. Experiencing sleepiness whilst driving and driving under the influence of alcohol are similarly deadly.'

To help cut the risk of sleepiness whilst driving, the World Sleep Day message emphasizes the importance of understanding what is needed to ensure wakefulness when driving. In the words of Dr. Ware 'Just as important as knowing how to get a good night of sleep, is learning what it takes to stay awake. These include getting sufficient, quality sleep, having regular bed and rising times, taking regular breaks when driving, and using caffeine judiciously.'

### **A costly global burden**

Sleep problems constitute a global epidemic that threatens health and quality of life for up to 45% of the world's population.<sup>3</sup> As well as causing distress to the individual, sleep problems also create significant burden on society. Sleep apnea, restless legs syndrome, and psychophysiological insomnia are among the most common alterations of sleep. Paradoxically, research suggests that less than a third of people with moderate to severe sleep problems seek professional help for their sleep problems.<sup>4</sup>

Poor quality of sleep or insufficient sleep can also have a negative effect on the health of an individual. In the US it is estimated that direct and indirect costs of insomnia amount to \$107.5 billion dollars.<sup>5</sup> Sleep deprivation has been associated with decline in mental health and people with insomnia are more likely to suffer symptoms of depression and anxiety.<sup>6</sup> Other links have been made between sleep deprivation and conditions such as obesity, diabetes and weakened immune systems.<sup>7,8,9,10,11</sup> Insomnia and other sleep disorders can also have a negative impact on overall quality of life and family and social relationships. However, most sleep disorders are preventable or treatable, yet less than a third of sufferers seek professional help.<sup>5</sup> World Sleep Day aims to reduce the burden of sleep disorders on society by encouraging better understanding of sleep conditions and calling for more research into sleep medicine and treatment.

### **About World Sleep Day**

World Sleep Day is an annual event to raise awareness of the importance of sleep for good health. This year's slogan is '**Drive alert, arrive safe**'. The event is organized by the World Sleep

Day Committee of the World Association of Sleep Medicine and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.

### **WSD Committee**

The World Sleep Day committee consists of Antonio Culebras MD, co-chair; Liborio Parrino MD, co-chair; Richard P. Allen PhD; Sudhansu Chokroverty MD; Christian Guilleminault MD; Claudia Trenkwalder MD; Catesby Ware MD; Allan O'Bryan PhD, Executive Director.

### **About WASM**

WASM is an international organization comprised of healthcare professionals primarily active in the field of sleep medicine. The goal of the World Association of Sleep Medicine (WASM) is to advance knowledge about sleep and sleep disorders among health care personnel and among the public worldwide. WASM was founded to improve sleep health worldwide and to encourage prevention and treatment of sleep disorders. WASM are working toward increasing worldwide awareness of the importance of sleep and the adverse consequences resulting from lack of sleep, due either to enforced lifestyle or to sleep disorders themselves. The WASM aims to act as a link between various sleep associations and cultures, i.e., as an international nexus among sleep clinicians and researchers in the advancement of worldwide sleep health. A special goal of the Association is to foster dissemination of expertise in sleep medicine everywhere in the world.

### **References**

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<http://www.dft.gov.uk/pgr/roadsafety/research/rsrr/theme3/sleeprelatedvehicleaccidentsno22?page=2> . Last accessed 18/12/08
2. Metaline A et al. Socioeconomic Impact of Insomnia in Working Populations. *Indust Health* 2005; 43 (1): 11-19
3. Wade AG, Zisapel N, Lemoine P. Prolonged-release melatonin for the treatment of insomnia: targeting quality of sleep and morning alertness. *Ageing Health* 2008; 4 (1): 11-12
4. Reeder CE et al. Current landscape of insomnia in managed care. *Am J Managed Care* 2007; 13 (Suppl 5): S112-6
5. Léger D et al. Economic consequences of insomnia. *Sleep Res* 26, 412
6. Zammit GK et al. Quality of life in people with insomnia. *Sleep* 1999; 22 Suppl 2: S379-85

### **Respectfully submitted**

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