Welcome to KYOTO

- New Horizons of Sleep Research for Our Planet -

In recent years there has been a rapid increase in the incidence of sleep disorders to pandemic levels around the world.

Insomnia and sleep deprivation appear to be linked to lifestyle-related diseases. Sleep deprivation is becoming more prevalent in our 24-hour societies. Worse still, the inattentiveness associated with sleep deprivation is causing more industrial accidents.

Global warming, a significant issue for the modern world, has causal connections to the social activities of energy-consuming humans. In a similar way, sleep can be regarded as a strong influence on the health of mankind and the other organisms that live on our planet. Modern society is now in need of deeper multidisciplinary research on the phenomenon of sleep.

I hope many of you will come to Worldsleep 2011 in Kyoto to join the quest for the phenomenon of sleep.

Masako Okawa
Chair of Local Organizing Committee

The 6th World Congress of the World Sleep Federation
The 36th Annual Meeting of Japanese Society of Sleep Research

Access to Kyoto

October 15SAT.-20THU., 2011
Kyoto International Conference Center (ICC Kyoto)

Welcome to Worldsleep 2011

Kyoto, Japan
Worldsleep 2011

- New Horizons of Sleep Research for Our Planet -

Hosts

World Sleep Federation (WSF)
Asian Sleep Research Society (ASRS)

Member Society

American Academy of Sleep Medicine (AASM)
Asian Sleep Research Society (ASRS)
Australasian Sleep Association (ASA)
Canadian Sleep Society (CSS)
European Sleep Research Society (ESRS)
Federation of Latin American Sleep Societies (FLASS)
Sleep Research Society (United States) (SRS)

Local Organizing Committee / Asian Sleep Research Society (ASRS)

Masako Okawa (Chair / ASRS President)
T. Shimizu (Vice Chair), D. Jeong (Vice Chair / ASRS Vice President),
N. Chen (Vice Chair / ASRS Vice President)
K. Honma (Secretary General / ASRS Secretary General), T. Ohida (Vice Secretary General)
T. Shiomi, S. Miyazaki, K. Hirata, H. N. Mallick (ASRS Chair of Scientific Committee),
N. Kotchabhakdi (ASRS Treasurer)

World Sleep Federation (WSF) Officers

R. Grunstein (President) / M. Okawa (Vice President)
A. I. Pack (Secretary General) / P. Liu (Assistant Secretary) / R. Horne (Treasurer)
D. P. Cardinali (International Program Chair) / T. Porkka-Heiskanen (International Education Chair) /
G. Lavigne (Membership Chair)

The 36th Annual Meeting of Japanese Society of Sleep Research

T. Shimizu (Chair, JSSR President)
N. Yamada (Vice Chair)
In recent years there has been a rapid increase in the incidence of sleep disorders to pandemic levels around the world. Insomnia and sleep deprivation appear to be linked to lifestyle-related diseases. Sleep deprivation is becoming more prevalent in our 24-hour societies. Worse still, the inattentiveness associated with sleep deprivation is causing more industrial accidents. Global warming, a significant issue for the modern world, has causal connections to the social activities of energy-consuming humans. In a similar way, sleep can be regarded as a strong influence on the health of mankind and the other organisms that live on our planet. Modern society is now in need of deeper multidisciplinary research on the phenomenon of sleep. I hope many of you will come to Worldsleep 2011 in Kyoto to join the quest for the new horizons of sleep research for our planet.