

Welcome to KYOTO

Worldsleep2011

- 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 new horizons of sleep research for our planet.

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

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Access Via Other Japanese Airports	
Tokyo (Narita International Airport)(NRT)	60 min & 2 hr 15 min
NEX & Shinkansen	75 min
Nagoya (Central Japan International Airport)(NGO)	95 min
Meitetsu & Shinkansen	95 min
Fukuoka (Fukuoka Airport)(FUK)	28 min & 36 min
Shinkansen	2 hr 44 min

Closest International Airport	
Kansai International Airport (KIX)	75 min
JR Hanuka Luxury Express Train	95 min
Limousine Bus	95 min
Shuttle Taxi	95 min

Flight time to Kansai International Airport (KIX)	
Korea	2 hours
China	3 hours
Hong Kong	4 hours
Singapore	6 hours
Australia	9 hours
US West Coast	10 hours
Europe	10 hours
New Zealand	11 hours
US East Coast	12 hours

Welcome to Japan

Access to Kyoto

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

KYOTO, JAPAN

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The 6th World Congress of the World Sleep Federation (former World Federation of Sleep Research and Sleep Medicine Societies)
The 36th Annual Meeting of Japanese Society of Sleep Research

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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)

KYOTO, JAPAN

Inquiry

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