

# World Sleep Day | MARCH 15, 2019

HOSTED BY WORLD SLEEP SOCIETY | HEALTHY SLEEP, HEALTHY AGING

## Portugal 2019: Portuguese Sleep Association

**Delegate:** Portuguese Sleep Association

**Affiliations:** APS, ANSS, ESRS

**Short Bio:** The Portuguese Sleep Association was created in 1991 in order to promote awareness, education and research in relation to sleep and sleep disorders in a multidisciplinary perspective. Various health professionals from many health and university groups are increasingly involved in the Association and several meetings and activities have been organized in order to improve sleep science in Portugal. Information in school population and awareness campaigns for general public and professional groups have been an important point of its activity. The Association has been the trigger for the Certification for the Competence of Sleep Medicine in Portugal.

**Activity:** An extensive campaign has been developed by the Portuguese Sleep Association (APS) during the month of the World Sleep Day (WSD). According to the slogan: "Healthy sleep, healthy aging", it was directed to all ages and professional classes and involved many sleep specialists. It was widespread all over the country and portuguese islands.

The main activities of the campaign were as follows:

1. A Press Release was sent to all social media – tv, radio, press and digital media – two weeks before WSD
2. Advertising and promotional material and texts were sent to health centers, local communities, kindergarten, schools and universities, homecare providers and many official institutions, since the two weeks before and until the WSD.
3. Many interviews on the main TV channels, radio, magazines and newspapers.
4. A partnership was taken place with the Center for Neuroscience and Cell Biology of the University of Coimbra and the main activities that were undertaken were:
  - A. A Video – to alert for the importance of having healthy sleep habits in order to have an healthy aging which was spread out to:
    - i. Main TV channels, where is was seen by at least a quarter of the portuguese population
    - ii. Many hospitals, health centers, city councils and official institutions
    - iii. Homecare and Sleep Comfort Providers
    - iv. APS Site, Facebook and Instagram
  - B. A National Context of Drawing about the WSD slogan was promoted in all cycles of primary and secondary schools, and the best of each group was prized.
  - C. On the 15th March, a Meeting was undertaken at the Coimbra Music Conservatory with four parts:

### Join Our Mailing List

Name: \*    
First Last

Email: \*

Subject:

Message:



### Join us on Twitter

 Follow @\_WorldSleep 3,272 followers

### Follow us on Facebook



- i. Exhibition of all drawings and presentation of the Drawing Context Prizes
- ii. Debate on "Sleep through whole life", since babies till elderly ages
- iii. Theatral performance – "Dream machine" by the Marionet Group, focused on the Sleep apnea problem
- iv. Debate about "Sleep and Religion", between Religious experts (Judaism, Islamism and Christianity) and Scientist and Clinical Sleep specialists. The debate was focused on habits, attitudes and lessons from different religions. Leaflets "Sleep hygiene in children and adolescents", "Sleep hygiene for adults" and "World Sleep Day" were distributed during the meeting.

D. Many formative programs (lectures and games) at schools during March, and the next months (due to the huge number of schools).

5. Sleep disorder Screening at the 3rd Edition of the Healthy Council Day at Oeiras.

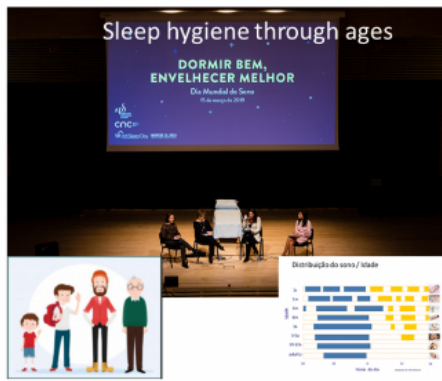
**Location:** All over Portugal.

**Date of Activity:** During March, and the next two months

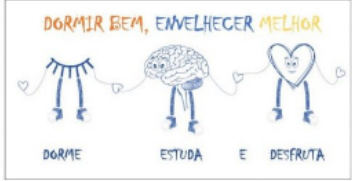
**Submitted By:** Maria Helena Estevão



**2019 World Sleep Day Meeting**



**National Drawing Context and Winners**





**"The Dream Machine"**  
Theatral Performance



- Local, national and international press
- Main radio and TV channels
- City Council information
- Directorate-General for Education



Talks and games about sleep in schools



Like 2 Share Tweet