



GRUPPO DI STUDIO
DRS - SIMRI

March 15, 2024 World Sleep Day

Sleep Equity for Global Health



SIMRI
società italiana per le malattie
respiratorie infantili



THE CAUSES OF SLEEP HEALTH DISPARITIES CAN BE

SOCIAL

- Psychological stress
- Financial strain
- Hunger
- Threats to safety

ENVIRONMENTAL

- Light
- Temperature
- Noise
- Air quality

DIAGNOSIS AND TREATMENT OF SLEEP DISORDERS

- Obstructive sleep apnea
- REM sleep behavior disorder
- Insomnia

THESE ARE THE NATURAL AND UNIVERSALLY SHARED WAYS TO FACILITATE THE SLEEP

FAMILY

The lullaby is both universal and unique and the parents should use lullabies to help their children's sleep

SCHOOL

Educate children about the importance of sleep and avoid the use of electronic devices before sleeping

COMMUNITY

Raise politicians' awareness of the importance of protecting sleep, looking after the environment and promoting peace

HEALTHCARE

Promote early diagnosis and treatment of sleep disorders for everyone

**SLEEP EQUITY
FOR GLOBAL HEALTH
A SLEEP REVOLUTION
IS NEEDED**