



GRUPPO DI STUDIO
DRS - SIMRI



SIMRI
società italiana per le malattie
respiratorie infantili

World Sleep Day

Hosted by World Sleep Society

MARCH 18, 2022

QUALITY SLEEP | SOUND MIND | HAPPY WORLD



Quality sleep
is essential
for good
health



Practise sport
surrounded
by nature
to improve
sleep



Insufficient or irregular sleep
and sleep disordered breathing
may impair health
and immune
system, leading
to vulnerability
of viral infections



Reduce screen time
before
going to sleep.
Keep electronic
devices out
of the bedroom



Schedule
bed time
hours
based
on sunlight



Be aware of sleep
disordered breathing
and its complications:
decrease
school performance
growth impairment increase
of cardiovascular risk



Have
a healthy diet
to avoid obesity
and correlated
sleep disorders



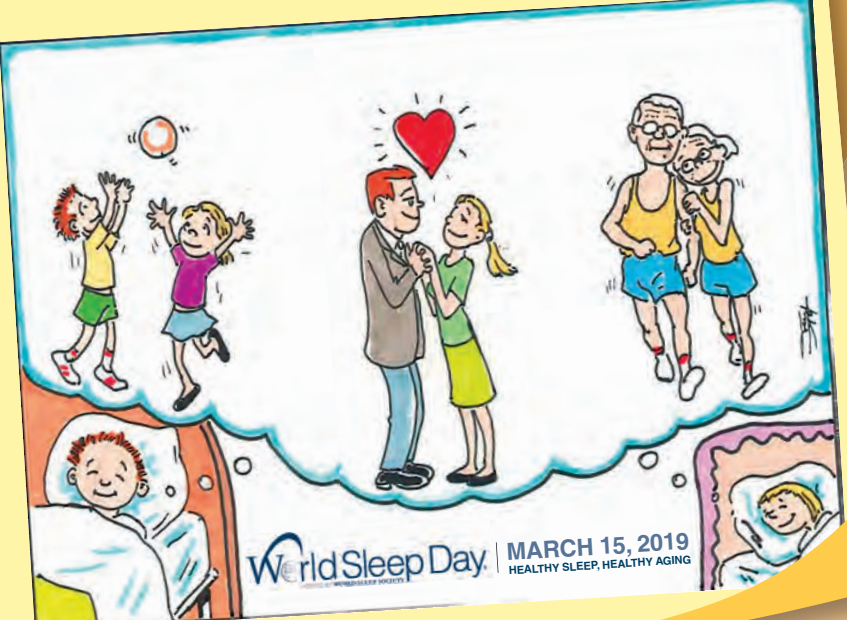
Avoid smoke
because it can impair
your breathing
and increase
sleep disordered
breathing



Avoid caffeine
in the evening
for a restful
and
relaxing sleep



Sleep well...
live
and grow
better



Better sleep,
better life,
better planet



Regular sleep,
healthy future



Join the sleep world,
Preserve
your rhythms
to enjoy life



Quality sleep - Sound mind - Happy world!