

World Sleep Day in Romania, Bucharest 19th of March 2021

Regular sleep, healthy future



Project report



The **Romanian Society of Pneumology** together with the **Section of Somnology and Non-Invasive Ventilation**, the **Association for Sleep Disorders in Children and Adolescents**, the **Medical Association for Prevention through Healthy Lifestyle**, **University of Medicine and Pharmacy „Carol Davila”** and the **Medical Students’ Society of Bucharest**

organized on 19th of March 2021 an event for World Sleep Day.

This year’s slogan was ***“Regular sleep, healthy future”***

Our activities:

- Online press conference;
- A class for students;
- We have presented the results of a survey showing the pandemic's effects on sleep; The survey for young people targeted medicine students, out of which 802 have responded;
- Speakers video messages on World Sleep Day;
- Pictures with students who have sent their messages through placards with motivational messages;
- An event in Cluj Napoca;
- Experts interviews on radio and TV.

Speakers:

- **Prof. Dr. Florin Mihăltan**, President of the Non-Invasive Somnology and Ventilation Section of the Romanian Pneumology Society

THEMES:

The adult's sleep and its pathological interferences

Sleep and the modern life

- **Dr. Mihaela Oros**, Member of the committee of the Section of Somnology and Non-Invasive Ventilation, president of the Association for Sleep Disorders in Children and Adolescents

THEMES:

Restful sleep for children and teenagers – interactions and benefits of the integrated recommendations

Circadian rhythm and the complexity of adaptation to the postnatal environment

- **conf. dr. Florentina Furtunescu**, vice-rector for institutional strategies and quality at U.M.F „Carol Davila” Bucharest
- **dr. Anca Hâncu**, nutritionist, president of the Medical Association for Prevention through Healthy Lifestyle

THEME:

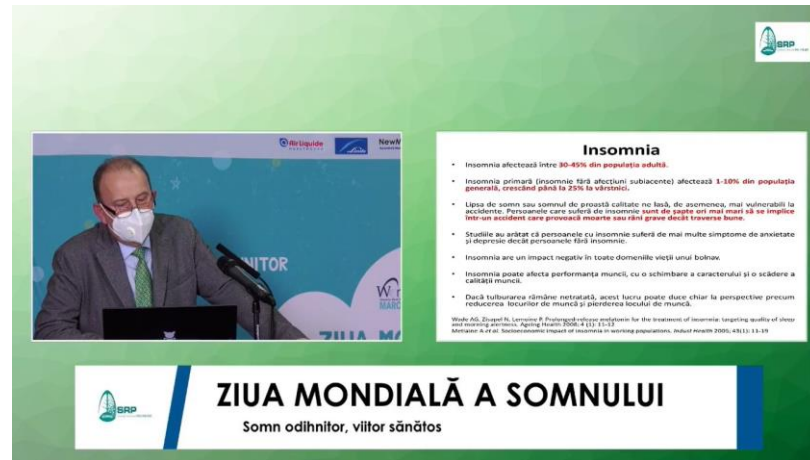
About lifestyle and dreams

The press conference was held online. The journalists were able to watch the presentations in real time and send recorded questions (audio or video) or written ones.



After the conference, we sent a [press release](#) and two materials with sleep tips for [adults](#) and [children](#).

The conference was streamed live on Facebook on [Romanian Society of Pneumology.](#)



Until now - 44 features, 2.765.039 impressions (out of which 1 on national TV and 3 on radio)

Definitions

DeciSePoate uses the audience data used by the industry of Publicity.

The audiences of the publications are taken from the data of the National Audience Study, which has obtained the status of standard in the advertising industry. SNA uses the method of recent reading, the reference point in the research of the print media. www.sna.ro

The audiences of the sites are taken from the data www.sati.ro (Audience and Internet Traffic Study), www.trafic.ro (online monitoring), www.trafficestimate.com (visitors / week). If the sites where the news appeared are neither in [sati.ro](http://www.sati.ro) nor in [trafic.ro](http://www.trafic.ro), we use www.similarweb.com. The television audiences are measured by the people meter method, and the radio audiences by CATI. The dimensions of the brand social media pages are publicly available and the personal ones are estimated.



deci
se poate

Până la 45% din populația lumii are probleme cu somnul

Spune-mi cât dormi, ca să îți spun cât de sănătos vei fi. Din cauza unor afecțiuni, somnul poate fi tulburat.



Ziua Mondială a Somnului este marcată anul acesta la nivel internațional pe 19 martie și se desfășoară sub sloganul „Somn odihnitor, viitor sănătos”. Evenimentul are scopul de a aduce în atenția oamenilor tulburările de somn și importanța unui somn de calitate.

Doctorul
zilei

ȘTIRI SĂNĂTATE DE LA A LA Z MEDICINĂ ALTERNATIVĂ EXPERTUL ZILEI



[Home](#) » [Expertul zilei](#) » Ziua Mondială a Somnului. Prof. dr. Florin Mihălțan: „35% din populația globului nu doarme suficient”

EXPERTUL ZILEI

Ziua Mondială a Somnului. Prof. dr. Florin Mihălțan:
„35% din populația globului nu doarme suficient”

45% din populația lumii are probleme cu somnul, cele mai frecvente tulburări de somn fiind insomnia și apneea obstructivă. Insomnia afectează între 30-45% din populația adultă. Potrivit unui chestionar făcut în rândul studenților la medicină „Somnul tinerilor români în perioada pandemiei” peste 60% dintre aceștia se simt iritabili, anxioși, deprimați. Un alt studiu derulat la nivel global arată că 72% dintre pacienții cu apnee în somn, care au întrerupt terapia CPAP, au invocat motive legate de pandemia COVID-19.

GAZETA de SUD 

Cele 10 condiții de somn sănătos la adulți

Author: Redactia | comentarii



La fel ca și hrana, somnul este una dintre nevoile esențiale ale organismului, indiferent de vârstă. În timpul somnului, se refac rezervele corpului, ceea ce ajută la menținerea sănătății fizice, mentale și a stării de bine.



Doctor de bine

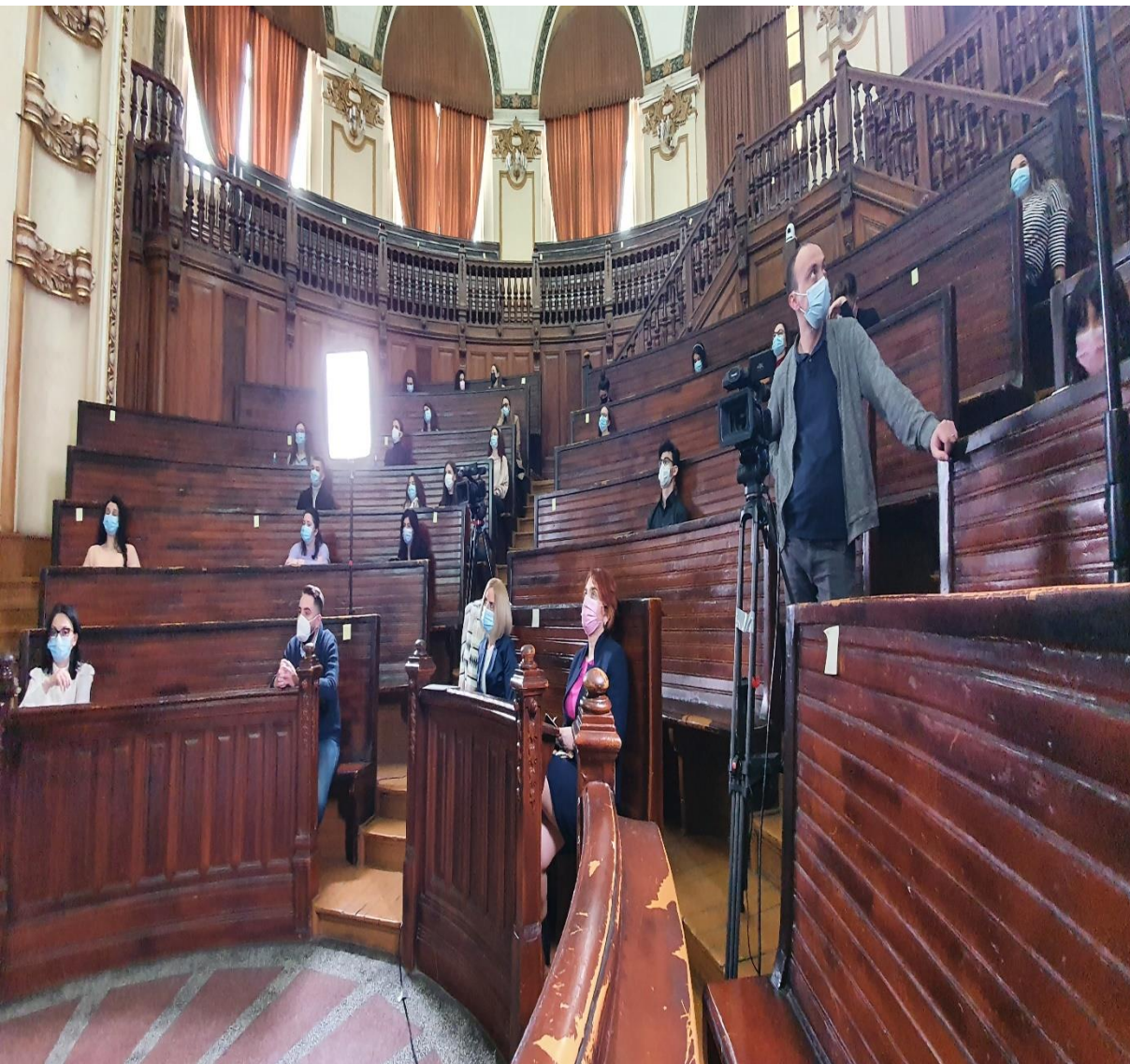
21 hrs · 

Ce impact are lipsa somnului în starea ta de sănătate și care sunt cele 10 condiții pentru un somn odihnitor >>> <http://bit.ly/3d1ODmW>

What impact does lack of sleep have in your health and what are the 10 conditions for restful sleep >>> <http://bit.ly/3d1ODmW>

Translated



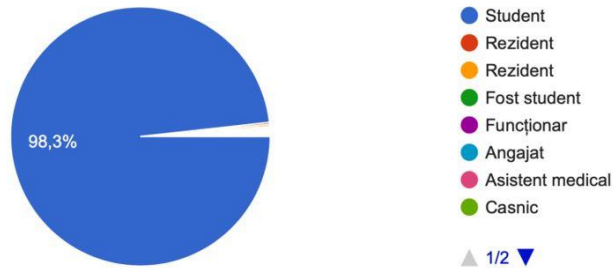


The event included a class for students containing information about sleep disorders and how they can be prevented.

The event took place in accordance to all the pandemic safety regulations.

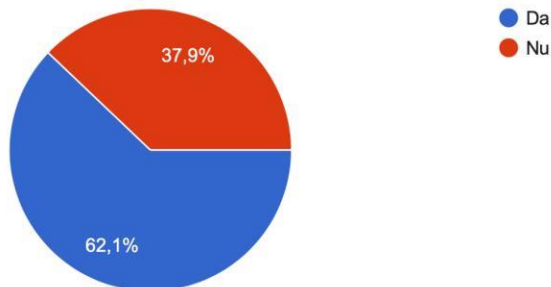
STATUTUL RESPONDENTILOR LA CHESTIONARUL ONLINE

Statut
802 răspunsuri



EFECTELE PANDEMIEI ÎN ACEASTĂ PERIOADĂ -peste 60% sunt iritabili, anxioși,deprimați

Vă simțiți deseori iritabil, anxios sau deprimat ?
802 răspunsuri



We created a survey for young people, targeting students about how the pandemic affected their sleep patterns.

802 students from the Medicine University filled in the questionnaire. Over 60% are suffering from depression, anxiety and irascibility.



At the end of the course, the students and the speakers took pictures wearing signs with motivational messages to raise awareness on the importance of sleep in our life.



At the same time, in Cluj Napoca another activity took place to raise awareness about the fact that when your sleep isn't restful, your health and quality of life can be affected.



The speakers also recorded two video messages for this event.

„Regular sleep, healthy future!”



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