

Healthy sleep is a permanent problem in the attention of the Romanian Society of Pneumology Somnology Section

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The “Sleep Day” of 2019 was celebrated by the RSP’s (Romanian Society of Pneumology) somnology and noninvasive ventilation section in a much more original way than in previous years.

We all stand the assault on modern life, on the informational line, technical no matter what is called telephone, electronic games, television, tablet, etc. or stress every day. All of this has changed human behavior impacting decisively on our daily sleep. In fact, one of the slogans used this year by the Sleep National Foundation emphasizes that “sleep is just as important as diet and exercise but it’s easier.” In fact, if we look at the over 80 sleep pathologies, we realize that we are far from being integrated into everyday life with this healthy sleep. Why? Because the man is not acclimated to sleep, nighttime, night light, intercontinental voyages, and the modern life he has generated has become another long-term health challenge in these new conditions.

Sleep Day was celebrated this year by the Somnology and Noninvasive Ventilation Section of the Romanian Society of Pneumology in Bucharest on April 15, 2019 through a press conference that supported the slogan “Healthy Sleep for a Healthy Life for the Whole Family” and in Cluj Napoca through—a noninvasive ventilation workshop. Those present at the conference had the opportunity to understand the multiple problems related to the disrupted sleep rhythm and its consequences in diseases such as diabetes, cancer with genetic mutations, infections, obesity, insomnia, cardiovascular problems, or hypertension (Florin Mihălțan), which are the responsibilities of Employee and Employer related to Obstructive Sleep Apnea Syndrome (Agripina Rașcu), as the pathology generated by the summer shift affects the lives of both humans and mammals (Oana Deleanu), which are the particular aspects of the respiratory distress-inducing pathology during sleep at children

(Mihaela Oros) and how they create anxiety for parents (Irina Costache). There was also an emblematic patient presenting the behavior of the Romanian patient with such activities that exposed the way continuous positive airway pressure (CPAP) therapy helped him, how he changed his life after sleep apnea syndrome was discovered and institution of therapy. Questions from the audience allowed a review of the progress made by the Romanian somnology school, as well as details of the interactivity with the authorities with the progress and the problems that still exist regarding the compensation of the therapy.

During the same period, a noninvasive ventilation workshop organized by Prof. Doina Todea was held in Cluj Napoca. For 2 days, more than 100 participants had the opportunity to listen to presentations on topics of general interest in the life of the practitioner, supported by 20 lecturers, and to practice on existing devices how to apply noninvasive ventilation. The topics discussed were very diverse—from frequent illnesses such as sleep apnea syndrome to comorbidities, prevalent associations, case presentations, etc. Some conclusions have been drawn at the end of this event: the duration and quality of sleep are vital to the future of each individual. The sleepless epidemic is and remains catastrophic. Under these conditions, a constant education of the population is required and a permanent reminder of the basic rules sleep hygiene with a multidisciplinary diagnostic contribution. Sleep at the same time is an extremely important element and good sleep is without awakening, nightmares, apnea, or snoring.

Blue light sources should be avoided: phones, TVs, laptops that do not need to be in the sleeping room. Screen exposure of children under 3 years of age should be avoided. A sleep schedule must be established for young people and adolescents. Priority will be given to extracurricular activities and the time spent on late discussions with friends, if

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necessary. There is also limited daytime sleep. A 30-minute sleep after school may be refreshing, but siesta for only 30 minutes is useful. Great attention should be paid to the consumption of caffeine and energy drinks. Reconnection and relaxation, half an hour before bedtime can help improve sleep. Before going to bed, specialists recommend a warm shower or other relaxing activities such as reading. It is understandable under these conditions that the slogan

adopted for 2019 by the "World Somnology Society" a "Sleep Healthy, a Healthy Life for the Whole family." All these efforts of the representatives of the Somnology and Noninvasive Ventilation Section were devoted to reminding the authorities of the importance of overspecialization in the field of somnology and education of the population to correct a series of deficiencies recorded in the rest moments due to the alert pace of life we all live.