



*Kihnu native sheep,  
a unique sheep  
breed in Europe*



**Eesti  
Unemeditsiini  
Selts**

Estonian Sleep Medicine  
Association

**ESTONIA**

Estonian Sleep Medicine Association

Erve Sõõru, President

Founding year: 2005

Composition of members (48): increasing

22% pulmonologists (2 researchers)

13% psychiatrists (2 researchers)

10% ENT (2 researchers)

10 % neurologists (1 researcher)

6 % cardiologists (1 researcher)

Dentists, geneticist (1 researcher)

Pharmacist (1 researcher), GP

Misc. (psychologists, nurses,  
sleep technicians, etc.)

Accreditation and certification:

3 somnologists, 1 sleep technician (ESRS certified)

Sleep centres not yet accredited.

Membership fee: 33 EUR/per year



# NEW DEVELOPMENTS, ACTIVITIES

**EU Directive** 2014/85/EU adopted in Estonia

**Sleep awareness:** Opinion Festival (August, 2015)- a meeting place and platform for the exchange of ideas regarding topics that are important for Estonia and Estonian

**Research:** K. Sonn et al. „Sedative –hypnotic and anxiolytic drugs and their use in Estonia“ , Young Scientist Award in Congress of Nordic Sleep Society

**Guideline:** Sleep disorders among adults: primary diagnostic and treatment

**Conference:** Congress of Nordic Sleep Society 2017 will be held in Estonia

