

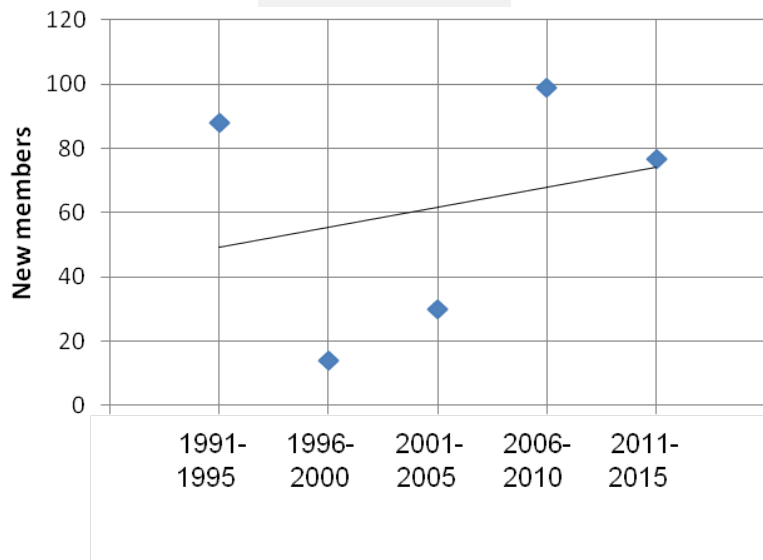


Portuguese Sleep Association

President: Joaquim Moita

Representative: Maria Helena Estêvão

Total - 313



	%	%
Clinicians	70.1	
Pneumology		36.0
Psychiatry		22.6
Neurology		19.5
ENT		6.7
Pediatrics		4.9
Oro dental Medicine		4.3
Other specialities		6.0
Technicians	20,9	
Cardiopneumology		51.0
Neurophysiology		40.8
Others		8.2
Psychologists	6.0	
Others	3.0	

Certification in **Sleep Medicine Competency** approved by the Portuguese Medical Association in June 2012

34 physicians certified for Sleep Medicine Competency in 2015

Last year's activities

- **11.03.2016** - Lufada 2016 **ADVANCES IN VENTILATION THERAPY FOR SLEEP DISORDERED BREATHING** – Lisbon. Symposium with four workshops in Lisbon with 4 international speakers, 180 participants
- **18.03.2016** - **World Sleep Day 2016** – Aveiro. Collaboration APS / Education and Psychology Department - University of Aveiro - open whole-day Symposium intitled “A Good Sleep is a Reachable Dream”.
 - A national survey of bedtime, risetime and duration of sleep of 4-11 year-old children was presented
 - Presentations and debating about Sleep and society, insomnia, sleep hygiene for all ages
 - A Leaflet about “*Sleep Hygiene in children and adolescents*”, made in collaboration with the Portuguese Pediatric Society was distributed
- **APS site** - Renewing
- **Media** - Frequent collaboration with articles and news



Next months' activities

- **13-14.05.2016 - Oral Sleep Medicine** – Lisbon. Congress with a Hands-on Course with 2 international speakers.
- **Oct.2016 - Sleep and the Psy** - Center region. In organisation.
- **Awareness campaign in schools** - “Sleep Hygiene in children and adolescents”
- Characterization sleep lab situation in Portugal

Future challenges

- Certification of Sleep Centers
- Application of the EU directive for drivers

