World Sleep Day 2025

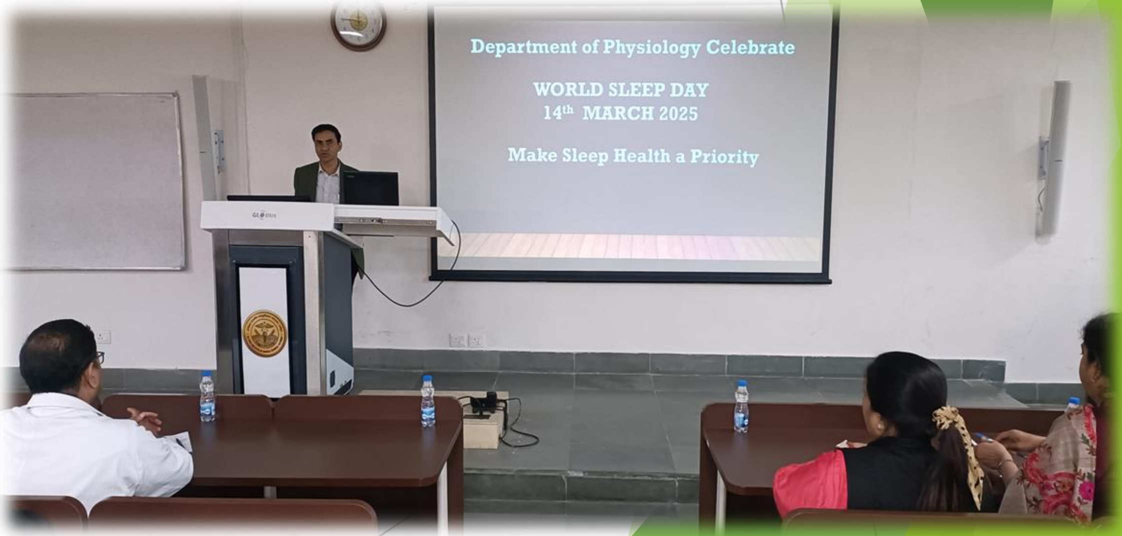
Theme- Make Sleep Health A Priority

On the occasion of World Sleep Day 2025, 13th March the Department of Physiology at AIIMS Bathinda organized a poster presentation competition among the 1st Professional MBBS students. The event was conducted in the presence of Honorable Dean Academics Dr. Akhilesh Pathak. The said event was adjudged by senior faculties of the institute respectively Dr. Gitanjali Goyal (Prof & HOD department of biochemistry), Dr. Rakesh Kakkar (Prof. & HOD department of community and family medicine), Dr. Priti Chaudhary (Additional Prof. & HOD department of anatomy)

Chairperson: **Dr. Sonia Kochhar (Additional Prof. & HOD department of physiology)**

Organizer: **Dr. Anupinder Thind (Assistant Prof. department of Physiology)**

Department of Physiology Celebrate
WORLD SLEEP DAY
14th MARCH 2025
Make Sleep Health a Priority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International Sleep Day

SLEEP & PRODUCTIVITY: THE POWER OF REST FOR SUCCESS
WORLD SLEEP DAY

APNEA: A SILENT THREAT TO HEALTH

regarding
SLEEP

Tanmay Garg
(no subject)
Tanmay Garg
(no subject)
Sanyam Nohria
Insomnia
21 to 30 physio sleep day

APNEA: A SILENT THREAT TO HEALTH

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Best sleep in world

Steps to achieve

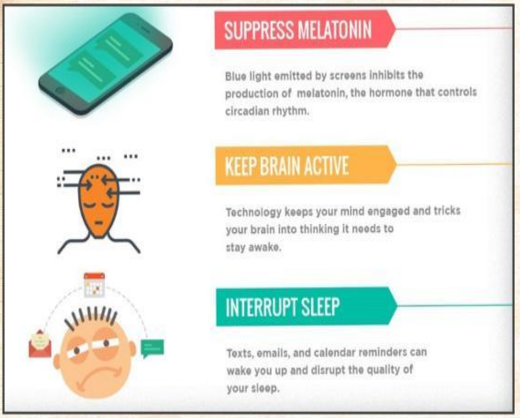
- Peaceful sleep environment
- Be consistent for sleep
- Sunlight exposure
- Prioritising Sleep
- Avoiding heavy meal at end of day
- Avoiding screen before bed
- Avoiding Stimulants like, alcohol,caffeine.
- Gathering Data of your sleep and computing it

SLEEP
BETTER

International Sleep Day

BY- ROLL NO. 91 TO 100 * TECHONOLOGY AND SLEEP * 14 MARCH 2025

HOW TECHNOLOGY IS SHAPING OUR SLEEP: THE GOOD, THE BAD, AND THE FUTURE



SUPPRESS MELATONIN

Blue light emitted by screens inhibits the production of melatonin, the hormone that controls circadian rhythm.

KEEP BRAIN ACTIVE

Technology keeps your mind engaged and tricks your brain into thinking it needs to stay awake.

INTERRUPT SLEEP

Texts, emails, and calendar reminders can wake you up and disrupt the quality of your sleep.

ELEMENTS

The Good

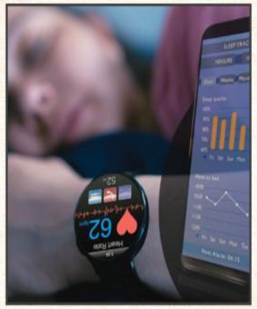
Technology helps improve sleep by providing real-time tracking through smart devices, allowing users to monitor and optimize their sleep patterns. AI-driven apps, smart mattresses, and sleep therapy tools create personalized solutions for better rest.

The Bad

Excessive screen time and blue light exposure from devices disrupt melatonin production, making it harder to fall asleep. Social media, late-night streaming, and notifications keep the brain engaged, reducing overall sleep quality.

The Future

Future innovations may include non-invasive brain stimulation to enhance deep sleep, AI-driven sleep coaches that provide real-time feedback, and even smart fabrics that track and improve sleep posture.



> “THE IRONY OF TECHNOLOGY IS THAT IT WAS MEANT TO SIMPLIFY OUR LIVES, YET IT OFTEN COMPLICATES MORE THAN IT SAVES.”

The Double-Edged Sword of Sleep Technology

Technology has revolutionized how we understand and monitor sleep. Devices like Fitbit, Oura Ring, and Apple Watch provide real-time data on sleep cycles, heart rate, and oxygen levels, helping users optimize their rest. AI-driven apps analyze sleep patterns and offer personalized recommendations, while smart mattresses adjust firmness and temperature based on sleep movements.

However, the same technology designed to improve sleep often hinders it. Blue light from screens suppresses melatonin production, delaying sleep onset and reducing overall sleep quality. Social media scrolling and late-night binge-watching keep people engaged longer than intended, cutting into crucial deep sleep phases.

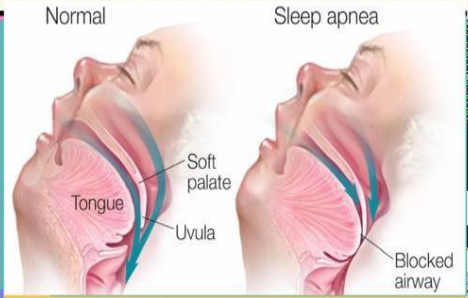
APNEA: A SILENT THREAT TO HEALTH

Condition where breathing repeatedly stops and starts during sleep

TYPES

Obstructive sleep apnea-blockage of airway often due to relaxed throat muscles

Central sleep apnea- brain fails to send proper signals to breathing muscles

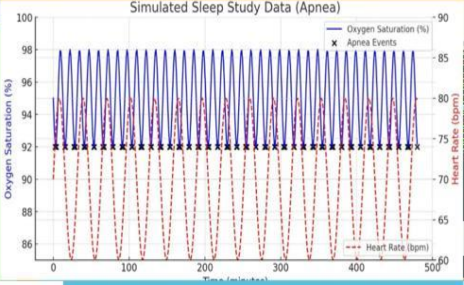


SYMPTOMS

- **Breathing that starts and stops**
- **Frequent loud snoring**
- **Gasping for air**
- **Daytime sleepiness and tiredness,**
- **Dry mouth**
- **Fatigue**
- **Headache**
- **Insomnia**

DIAGNOSIS

Sleep study-Sleep studies can help diagnose which type of sleep apnea you have and how serious it is.



TREATMENT

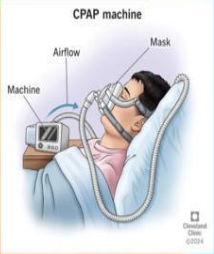
lifestyle changes-

- Regular exercise
- Maintain healthy sleeping habits
- Maintaining healthy weight
- Limiting alcohol and caffeine intake
- Sleeping on one side

CPAP MACHINE

Most widely used

Delivers continuous air through nose and mouth to keep airways open while you sleep



UNTREATED SLEEP APNEA INCREASES YOUR RISK FOR CONDITIONS LIKE:

- Heart disease
- High blood pressure
- Stroke
- Type 2 diabetes
- Cognitive impairment

Thank You….