



World Sleep Day

Hosted by World Sleep Society

MARCH 13, 2020
Better Sleep, Better Life, Better Planet

Share Sheet

SUPPORT & CELEBRATE WORLD SLEEP DAY WITH THE TOOLS & MESSAGES WE ALREADY HAVE PREPARED

WHO

You + your local media, colleagues, acquaintances & social media community.

WHAT

Help us spread the word about the importance of healthy sleep for World Sleep Day 2020!

WHEN

Friday, March 13, 2020 is World Sleep Day. Promote the annual awareness day from January-April of each year.

WHERE

The globe unites to celebrate this important call to action regarding sleep and the understanding of its impact on overall health.

- Social Media: Facebook, Twitter, YouTube & Instagram
- Media: blogs, newspapers, online journals, television & radio
- In-Person: 88 countries have participated in World Sleep Day. All locations are welcome!

WHY

Created and hosted by World Sleep Society, World Sleep Day is an internationally recognized awareness event bringing researchers, health professionals and patients together to recognize sleep and its important impact on our health.

World Sleep Day encourages...

- Understanding & awareness of the importance of sleep in overall health
- Recognition of and current research on the burden of sleep disorders & sleep disruption
- Efforts being taken toward prevention and management of sleep disorders and/or sleep disruptions

HOW

Use the tools available to spread awareness about World Sleep Day and its mission to understand the impact and importance of sound sleep, often compromised by our modern habits.

Tools You Can Use

- 2020 Press Release
- Talking Points
- Research/Statistics
- PowerPoint Template
- Regional Coordinators
- Social Media Posts
- Access to Sleep Experts

WORLD SLEEP SOCIETY
ADVANCING SLEEP HEALTH WORLDWIDE



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