



Please join the American Thoracic Society's Sleep and Respiratory Neurobiology Assembly in the celebration of World Sleep Day on March 14, 2025! This year's theme is Make Sleep Health a Priority.

To celebrate World Sleep Day, we would like to remind you that:

1. Sleep is essential to health.
2. Sleep health is multidimensional. Sleep health dimensions include duration, efficiency, timing, regularity, alertness, and quality.
3. We must address sleep health disparities to improve the health of populations across the world.

Helpful ATS patient education links about sleep across the lifespan are below:

Sleep in infants:

[sleep-in-infants.pdf \(thoracic.org\)](https://www.thoracic.org/patients/patient-education/sleep-in-infants.pdf)

Health sleep in children:

[healthy-sleep-in-children.pdf \(thoracic.org\)](#)

Healthy sleep in teens:

[healthy-sleep-in-teens.pdf \(thoracic.org\)](#)

Healthy sleep in adults:

[healthy-sleep-in-adults.pdf \(thoracic.org\)](#)

Here are some fun sleep facts to share:

The first World Sleep Day was held on March 14, 2008, and used the slogan “Sleep Well, Live Fully Awake.”

Every animal has some semblance of sleep.

Plants don't sleep (as they don't have a nervous system) but regulate their activity in response to light/dark changes.

Many animals sleep with just half their brain at a given time - birds and whales alike often spiral downward during sleep from this asymmetric brain activity.

Penguins sleep in microbursts of ~4 seconds throughout the day.



For more information on World Sleep Day, visit worldsleepday.org