



Simposio Internacional / *International Symposium:*

Patología del Sueño: de la Neurobiología a las manifestaciones sistémicas

Sleep disorders: from Neurobiology to Systemic Consequences

Madrid, 18 y 19 de enero de 2018 / *January 18-19, 2018*

ABSTRACT

Mesa Redomda / Round table:

¿Es el sueño un parámetro importante de salud?

Is sleep an important endpoint for health?

We strongly believe that the management of sleep medicine in particular sleep disorders of breathing needs to change to become adapted to the present requirements because at present represent a huge health and economical problem. Major changes needed can be summarized as follows: 1) Health professionals must start to adapt to new scenarios; care for sleep as an element of health in general terms must be provided by all professionals in collaboration with companies, the health authorities universities and patients. 2) Patient assessment must change and should be mainly outpatient-based. 3) Most current technologies for assessing sleep are obsolete; new sensors, simple devices, contactless equipment are able to record data over several days, and should enter routine use. 4) Collaboration across different professions and medical specialties, epidemiologists, basic researchers and biomedical engineers, must become the defining premise that will allow us to learn and understand what patients and professionals need to carry our transformative action. All levels of care must be involved and technology must become simple to use, reliable and transparent regarding its algorithms and programs.

In view of the speed of current global changes, a good example of evolution could be the application of lean methodology – continuous, linear improvement in the short term, which in fact represents a disruptive aspect. In this regard, it is essential to considerer sleep as a combination of entities that may affect other biological systems in both disease and health.

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