Letter from the president - XIV Brazilian sleep congress

The Brazilian Association of Sleep - (Associação Brasileira de Sono - ABS) promotes, every two years, a meeting that brings together physicians from various specialties, researchers, technicians, dentists, biologists and psychologists, demonstrating the peculiar multidisciplinary of Sleep Sciences. Therefore, it is with great joy that I invite all the scientific community to XIV Brazilian Sleep Congress, which will take place on 21st to 24th November - 2013, in Rio de Janeiro - the Marvelous City - at Windsor Barra Hotel, right in the shore of Barra da Tijuca’s beach.

This conference will be held at a time of particular relevance for Brazilian Sleep Medicine, which was finally considered by the Brazilian Medical Association (Associação Médica Brasileira - AMB) as a formal and official actuation area for four medical specialties: Neurology, Pulmonology, Otorhinolaryngology and Psychiatry. Also in this context, the Brazilian Association of Sleep Medicine (Associação Brasileira de Medicina do Sono - ABMS) was founded, with the purpose to bring together all the physicians interested in Sleep Medicine, as well as to expand our actuation fields to other medical specialties.

The world’s spotlights are directed to Rio de Janeiro. We are on a moment in which every major event with international repercussion needs to come by us. We have recently received the visit and blessings of Pope Francis, during the World Youth Day. Also, we held the last Confederations Cup, which brought people from several nationalities to our city. Moreover, in a little while we will hold the next Soccer World Cup and the Olympics Games. It is in this context that we shall contextualize this next Brazilian Sleep Congress, a high quality scientific event among all those aforementioned.

The Scientific Committee is not measuring efforts in search of updated themes and speakers from Brazil and abroad, all of them reputed and with unequivocal qualification in both Sleep Medicine and Biology. Thus, I invite all those who are engaged in research to also submit their work and collaborate for the multiplication of knowledge in the area of sleep. In addition, important news will mark the event in 2013: simultaneously with the Brazilian Sleep Congress will also happen the I Congress of Sleep Dentistry and the II Luso-Brazilian Symposium of Sleep, which consolidates the partnership with our brothers overseas. Finally, we are working hard throughout this year in the updated version of the Consensus of Sleep Apnea and Insomnia, in order to make them available to all the participants in this meeting.

Despite the seriousness of the event, we cannot forget that we are in the Marvelous City, which is itself an invitation to natural relaxation and leisure. Enjoy this unique opportunity to socialize and see friends, appreciating the beauty that only Rio de Janeiro offers.

A friendly hug,

Andrea Bacelar,
President of the XIV Brazilian Congress of Sleep,
Vice President of ABS.