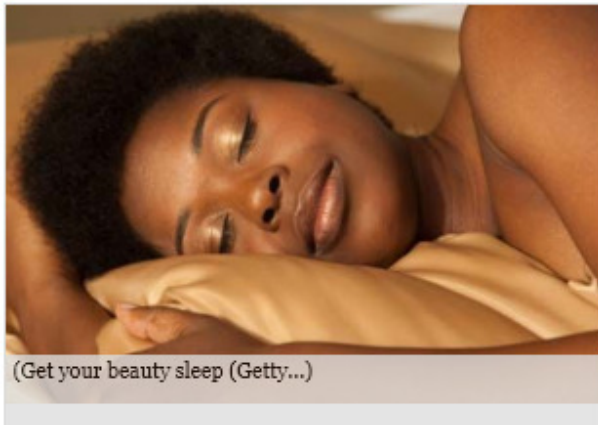


Get Your Beauty Sleep

"World Sleep Day is now in its third edition. This year the theme is Sleep Well, Stay Healthy. We are celebrating the beauty and benefits of sleep, which has been pushed into the sidelines and causing serious health issues.

In fact, the problem is so widespread that even children are exposed to it. Among the many issues caused by sleep deprivation is the case of drowsy driving. It's great that a lot is being done to spread awareness on drunken driving, falling off to sleep while driving is as dangerous a problem as rash driving!"



Dr Preeti Devnani, neurologist

"I have an invitation to attend the World Sleep Day seminar, and that's how I am aware of a day dedicated to sleep. I plan to attend it as I have a lot of apneic cases come for consultation. Since apnea is directly related to obesity, I have a lot of such cases coming up to me. It's a dreaded condition as those suffering from it go off to sleep during the course of a discussion, meetings, or while driving. It is fatal as lot of accidents have happened due to it, or have led to people dying in their sleep."