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Keeping Time

The World Sleep Society Community Update

Did you know?

Individual members of our Associate Societies receive a $10 discount on their membership dues to World Sleep Society.

Use this simple discount code during checkout. Spread the word with your members!

10OFF2024

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

Watch World Sleep 2023

As a member of the World Sleep Society, you can access videos from the 2023 World Sleep congress in Rio de Janeiro. Available videos include keynote addresses, symposia, and courses. Access the media at member.worldsleepsociety.org.

Latest Issue of *Healthier Sleep* Magazine Now Available

Healthier Sleep Volume 5 Issue 1 is now available! This issue highlights keynote addresses and presentations from the 2023 congress in Rio. Read about the potential of consumer sleep trackers, sleep and the developing brain, insomnia among adolescents, and more. Find the full issue at healthiersleepmag.com.