

General Assembly of AFFILIATE SOCIETIES

SPRING 2026 | GLOBAL IMPACT REPORT



Together, We Advance Sleep Health Worldwide

In a powerful demonstration of global collaboration, the Assembly of Affiliate Societies brought together 45 participants representing 38 societies across 32 countries. Hosted by the World Sleep Society, the session created space for connection, knowledge sharing, and coordinated action across the global sleep community.

Sleep health is fundamental to overall well-being, yet it remains underrecognized in many regions. The Assembly reinforced a critical idea. Progress happens when local leaders are supported, connected, and empowered through a global network. By convening Affiliate Societies, the World Sleep Society helps transform individual efforts into collective global impact.

Why This Matters

Sleep influences health, safety, productivity, and quality of life. When sleep is prioritized, communities are stronger and systems perform more effectively. When sleep is overlooked, the consequences extend across public health, economic stability, and daily functioning.

The Assembly highlighted how Affiliate Societies are not only raising awareness, but actively shaping change through advocacy, partnerships, and innovation.

Global Advocacy in Action

Transforming Workplace and Consumer Awareness

Gergely Vada of the Hungarian Sleep Society shared the Sleep Friendly Award Program, which has been advancing sleep-focused standards for more than a decade.

The program recognizes hotels, companies, and products that prioritize sleep-friendly environments. Built on evidence-based criteria, the initiative positions sleep as both a health priority and a business advantage. Participating organizations have reported improved customer satisfaction, reduced complaints, and stronger engagement around sleep health.

This approach is helping to shift cultural perceptions of sleep while encouraging organizations to adopt practices that support better rest and performance.

Preventing Tragedy Through Public Awareness

Jimmy Chang of the Philippine Society of Sleep Medicine presented a national campaign addressing drowsy driving following a fatal accident.

The initiative moves beyond awareness by embedding sleep education into transportation systems and public messaging. Through partnerships with the Metro Manila Development Authority and media organizations, the campaign includes public service announcements shown during the Metro Manila Film Festival and integration into driver education programs.

This work demonstrates how targeted advocacy can lead to meaningful improvements in public safety.

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Influencing Policy and Public Discourse

Nicola Read of the British Sleep Society shared advocacy efforts related to daylight saving time policy in the United Kingdom.

By bringing sleep science into media coverage and parliamentary discussion, the Society elevated awareness of how time policy affects sleep, health, performance, and safety.

The work gained national media attention and contributed to policy-level dialogue. This effort highlights the role of Affiliate Societies in shaping both public understanding and policy decisions.

From Connection to Collective Impact

Throughout the Assembly, one theme remained clear. Collaboration is essential to advancing sleep health globally.

The conversations highlighted how Affiliate Societies are driving meaningful impact through advocacy, innovation, and collaboration. From workplace-focused initiatives to public safety campaigns and policy engagement, your work is shaping how sleep health is understood and prioritized around the world.

Thomas Penzel, PhD, president of WSS, shared, ***“Because we at the World Sleep Society... really depend on your collaboration, your initiatives, and your actions. And in return, we will help you.”***

Each Affiliate Society plays a vital role in this movement. By connecting leaders and supporting their work, the Society helps amplify impact and accelerate progress worldwide.

Peter Cistulli, MBBS, PhD, president-elect of WSS, added that, ***“What this is about is sharing information about how we're each trying to advance the cause of sleep health and sleep medicine around the world.”***

These perspectives reflect a shared commitment to learning from one another, supporting one another, and moving forward together. We encourage you to continue sharing your initiatives, exploring opportunities to collaborate, and engaging with the broader network.

**Together, we are creating a world where sleep health
is recognized, prioritized, and protected.**

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