

Better Sleep Leads to Improved Mood and Emotional Well-Being *Time to Make Sleep a Priority*

Intercoil International in collaboration with the Better Sleep Council (BSC), hosted a "Healthy Sleep Seminar" at Dubai Knowledge Village to educate adults on the countless ways that quality of sleep impacts mental health and emotional well being, as well as the critical role an orthopedic sleep system plays in ensuring the best rest.

We at Intercoil International hope to increase awareness in the Middle East, of the impact of poor sleeping habits on our health," explained Mr. Hassan Al Hazeem, MD of Intercoil International

Lack of sleep dramatically affects our mood and emotional well being on a daily basis. Of the first signs of sleep debt is irritability and depression.

BSC and Intercoil International recommend the following to help consumers make sleep a priority:

- Pay Your Sleep Debt. On average, people need seven to nine hours of sleep per day to function and feel their best. However, quality is just as important as quantity. Going to bed earlier or waking later may not be the best



solution if you toss and turn through the night. It is also important to pay close attention to your sleep environment and habits near bedtime.

- Update Your Equipment. According to Consumer Reports, a mattress should be evaluated every five to seven years to ensure it still provides optimal comfort and support.

- Create a Sleep Sanctuary. Your bedroom environment should be a haven that's conducive to sleep. This means keeping it uncluttered, dark, quiet and cool.

For more tips on how to Start Every Day with a Good Night's Sleep™ during Better Sleep Month and beyond, visit www.bettersleep.org or www.intercoil.com.

Organ Donation: Commission Launches Public Consultation

Organ transplantation began in the 1950s with the first kidney transplants, and has increased steadily over the years. Over the past decades, the number of organs donated and transplantations carried out in the EU has risen steadily, with good results in terms of life years gained and improvements in quality of life. However, the shortage of donors, organ trafficking and non-harmonized quality and safety standards are among the obstacles that could hamper further progress in this medical field. Markos Kyprianou, European Commissioner for Health and Consumer Protection, said: "Organ transplants are among the great medical miracles which save the lives of thousands of people across Europe every year. However, access to this life-saving treatment and its quality varies depending on which Member State you are in.

It is time to examine what action could be taken at EU level to help to secure a sufficient supply of organs, while also ensuring the full safety of this supply.

The European Commission has launched a public consultation on future EU action in the area of organ donation and transplantation. In



the consultation paper published by the Commission, 3 possible scenarios are outlined for future EU action with regard to organ

donation and transplantation:

1. To continue a limited number of basic projects already being carried out under different EU programmes
2. To promote active coordination between Member States on organ donation and transplantation e.g. establishing guidelines for quality and safety standards; sharing experiences and best practice
3. To carry out active coordination between Member States in which they would work together on the actions outlined in Point 2 above, while the Commission would study how EU legislation could complement and reinforce these actions. A directive on organs could set quality and safety requirements for their donation, procurement, testing, preservation, transport and distribution, along with legislative proposals against organ trafficking

For more information:

http://europa.eu.int/comm/health/ph_threats/human_substance/organs_en.htm