
EDITORIAL

Exercise and sleep

At the interim meeting of the World Federation for Sleep Research and Sleep Medicine Societies in New Delhi, September 2005, we organized a symposium on exercise and sleep. The program attracted many sleep researchers, together with a full audience and very fruitful discussions.

Although exercise and sleep have been studied for many years, the effects of exercise on sleep have not been well understood. In this issue of *Sleep and Biological Rhythms*, three papers from the Delhi conference are presented. Here, Dr Yamanaka provides an informative review of the effect of exercise on circadian rhythms. Dr Kutty provides a very interesting paper on sleep among

yogi (yoga practitioners). The characteristics of sleep among yogi are unique and further investigations of the underlying mechanism are expected to be undertaken. Dr Youngstedt provides a review of epidemiological studies of exercise and sleep. We hope this issue will attract further interest in this topic.

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Conference Announcements

19th Annual Scientific Meetings of Australasian Sleep Association & Australian Sleep Technologists Association
5–7 October, 2006
Perth, Australia

worldsleep07
5th International Sleep Congress of the World Federation of Sleep Research and Sleep Medicine Societies*
2–6 September, 2007
Cairns, Australia
For further details visit: <http://www.worldsleep07.com/>

*American Academy of Sleep Medicine, Asian Sleep Research Society, Australasian Sleep Association, Canadian Sleep Society, European Sleep Research Society, Federation of Latin American Sleep Societies, Sleep Research Society

32nd Annual Meeting of the Japanese Society of Sleep Research (Joint Congress with the Japanese Society for Chronobiology)
7–9 November, 2007
Tokyo, Japan