



PREFACE

**Asian Sleep Research Society Congress,
 ASRS-2014**

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It is our proud privilege and honor to invite you to Kovalam, Kerala, India for the 8th Asian Sleep Research Society Congress, ASRS-2014 to be held 22–24 September 2014. This congress is organized by the Indian Society for Sleep Research on behalf of the Asian Sleep Research Society. This event takes us back to the historic occasion when the Founding Committee for the Asian Sleep Research Society was formed during the International Conference on Sleep-wakefulness, held at the national capital of India, New Delhi, 9–11 September 1992. The significance of the occasion was further heightened as the Indian Society of Sleep Research (ISSR) was also founded on 10 September 1992.

The 8th ASRS Congress will be a great scientific endeavor witnessing a timely congregation of eminent sleep experts whose vast experience in sleep disorders and research would be extremely valuable as Sleep Research and Medicine is fast emerging as a Frontier area. We would greatly appreciate your active and dynamic participation in sharing the latest on the biggest mysteries of life “Sleep” in the 8th ASRS Congress.

The location of the Congress is Uday Samudra (UDS) Leisure Beach Hotel in Kovalam. This beach resort of Kovalam will provide a serene backdrop to the Congress. Kovalam is located about 15 km away from Thiruvananthapuram International airport. Thiruvananthapuram is the capital city of Kerala and has excellent air connectivity to Singapore, Europe, and the Middle East and to all the metros in India. Kovalam is an internation-

ally renowned beach with three adjacent crescent beaches. It has been a favorite haunt of tourists, especially Europeans, since the 1930s. A massive rocky promontory on the beach has created a beautiful bay of calm waters ideal for sea bathing. The leisure options at this beach are plenty and diverse. The beach complex includes a string of Ayurvedic health resorts, shopping zones, swimming pools, Yoga and Ayurvedic massage centers.

Kerala, which is referred to as GOD’s own country, is a state in south-west India on the Malabar Coast with stunningly beautiful landscape. Kerala is actually named after the coconut tree, with “Kera” meaning Coconut tree and “Alam” meaning land; together meaning “Land of Coconut Trees”. Kerala, which is wedged between the Western Ghats mountain range on the East and the Arabian Sea on the West, is a destination of a lifetime. Endowed with diverse geographical features and cultures it has been ranked as one of the 10 paradises of the world by *National Geographic*, the renowned travel magazine.

The City of Thiruvananthapuram has interesting places to see, like the Napier Museum, the Sri Chitra Art Gallery, the Padmanabhaswamy Temple, Ponmudi hill station etc. The pristine backwaters of Kumarakom and Kuttanad, and the enchanting woods and forests of Munnar, Thekkady and Silent Valley are the nearby attractions.

For further details about the Congress please refer to the website: <http://www.asrs2014.org/>

[Correction added on 26 September 2014, after first online publication: Author name and affiliation have been added.]