

## *From the Editor's Desk*

Modern day epidemics of obesity, cardiovascular disease and heart failure have helped bring to the forefront the cardiovascular implications of normal and disturbed sleep and sleep apnea (1). The practice of sleep medicine has, in recent times, figured in the popularity charts of all major medical broad and super-specialties. Although there is no nationwide statistic to gauge the magnitude of the problem of sleep related breathing disorders alone, preliminary studies underscore its presence in a big way. Eleven percent of adult subjects in the rural area of Delhi had sleep-related breathing symptoms. The symptoms increased with age in both sexes and the prevalence of snoring was more in males (2). The estimated prevalence of Sleep Disordered Breathing (SDB) (apnea-hypopnea index of 5 or more) was 19.5%, and that of OSAHS (SDB with daytime hypersomnolence) was 7.5% in healthy urban Indian males (35–65 years) coming to a tertiary care hospital in Bombay for medical examination (3). However the stress on undergraduate medical curriculum is far from adequate as evidenced from preliminary observations (4). There are several problems that are specific to this region pertaining to racial, socio-economic and geographic aspects that need to be highlighted.



As outlined above, *Indian Journal of Sleep Medicine* attempts to bridge this gap between targets and achievements with regard the practice of the discipline of sleep medicine in India. This inaugural issue has very interesting articles published under three sections namely 'original articles', review articles' and 'case reports'. Being a maiden venture to establish a centrestage for a healthy and lively dialogue amongst practitioners and enthusiasts of sleep medicine, it shall be our fervent appeal to all readers to actively submit their experiences, queries and viewpoints pertaining to this subject to the *Journal* for widespread dissemination. The 'Guideline for authors' also appears in this issue.

This quarterly journal would, in the near future, diversify to add further sub-sections on specific sleep disorders. Book reviews, correspondence to the editor, announcements regarding forthcoming CME events, advertisers' column regarding durable medical equipments and current international practice guidelines would also be included.

### **References**

1. Somers V.K. Sleep — A New Cardiovascular Frontier. *N Engl J Med* 2005; 353:19:2070-2073.
2. Vijayan V.K., Mittal A, Tyagi P, Fahim M, Rahman M. Prevalence of Sleep-related Breathing Disorders in Rural Population of Delhi, India. *Chest* 2004; 126: 902S
3. Udwardia Z F, Doshi A. V. Lonkar S.G., Singh C.I. Prevalence of Sleep-disordered Breathing and Sleep Apnea in Middle-aged Urban Indian Men. *Am J Respir Crit Care Med* 2004; 169:168–173.
4. Sivagnanam G, Thirumalaikolundusubramanian P, Sugirda P; Rajeswari J, K. Namasivayam K, B. Gitanjali B. Study of the Knowledge, Beliefs, and Practice of Sleep Among Medical Undergraduates of Tamilnadu, India. *Medscape General Medicine*. 2004; 6(4): 5.

A handwritten signature in black ink that reads "M. K. Sen". The signature is written in a cursive style.

**M. K. Sen**

Editor