

## SEA gets its first sleep and respiratory education center

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**First-of-its-kind innovation facility to provide free training for the region's healthcare professionals**



**Singapore**—Royal Philips, a global leader in health technology, recently announced the opening of Southeast Asia's first Sleep and Respiratory Education Center at its regional headquarters, the Philips APAC Center, in Singapore, to train healthcare professionals across the region to better diagnose and treat sleep disorders.

It is estimated that more than 100 million people worldwide suffer from sleep apnea, 80 percent of whom remain undiagnosed, and that globally, 30 percent of people experience difficulty in initiating and maintaining sleep. Sleeping well is essential to good health, and yet only one-third of people who suffer from sleep disorders seek professional help. In a recent study, 1 in 3 Singaporeans suffers from moderate to severe obstructive sleep apnea (OSA).

"OSA is caused by the repeated collapse of a sufferer's airway, leading to low oxygen levels and disrupted sleep," said Dr. Mok Yingjuan, Director, Public Education and Epidemiology, SingHealth Duke-NUS Sleep Center and Consultant, Respiratory and Critical Care Medicine, Changi General Hospital. "It can cause daytime tiredness, poor work and school performance and more serious heart problems. Unfortunately, many cases of OSA in Singapore remain undiagnosed, and more needs to be done to increase public awareness of this condition so that people are guided towards effective treatment of their condition."

To improve clinical outcomes in sleep therapy and care, Philips and SingHealth signed an MoU in August last year to collaborate on providing integrated quality patient care, clinical education and research efforts, as well as to increase public awareness of OSA. Philips will bring its more than 30 years of leadership in sleep apnea management and respiratory care solutions supporting the patient's journey from diagnosis through to therapy and management of OSA. Philips and SingHealth will partner in joint research projects, fellowship training and sleep awareness and outreach programs in Singapore and the region.