



## PRESS RELEASE

**Dr. Damien Léger announced  
winner of the 2009 EBIA Award**

**Brussels (Belgium), 8 October – At their annual General Assembly on 8<sup>th</sup> October, the European Bedding Industries' Association (EBIA) announced the winner of the 2009 EBIA Award, which this year goes to Dr. Damien Léger from France. Dr Léger's main concern is that people are sleeping less and less. It has become increasingly hard for twenty-first century men and women to fit a day's activities into 24 hours, while allowing for the fact that we sleep at least a third of that time. A recent survey by Dr. Léger's centre revealed that the French, on average, are sleeping up to 1.5 hr less every night than they did 50 years ago. With this award, EBIA hopes to recognize his exceptional contribution to the domain of sleep pathology.**

### EBIA Award

EBIA, as the European representative of an Industry producing quality products aimed at the wellness and comfort of its customers, created this Award as a way to promote both creativity and innovation within this sector. Next to becoming an honorary member of EBIA, the winner is also rewarded a grant to support his ongoing research.

### Award winner

This year's winner, Dr. Damien Léger, who hails from Paris, France, trained as a neurophysiologist in France and the US (Stanford University) is a docent at the Faculty of Medicine of the Descartes University in Paris. More importantly, he also leads the Sleep and Vigilance Centre of the Hôtel Dieu de Paris.

The Hôtel Dieu de Paris has acquired a reputation for excellence in a lot of fields, as one of the oldest and most famous hospitals in France. Its sleep research centre, which employs fifteen doctors and fifteen technicians, specializes in problems of insomnia or hypersomnia. Every year, a few thousand people spend a night at the centre's lab.





A prolonged lack of sleep may also impact health, contributing to the development of anxiety, depression, obesity and even diabetes. During the day, this lack of sleep may also give rise to drowsiness, which in turn, is the leading cause of road accidents in France, for example. The centre therefore not only examines the sleep patterns of individuals, but also tries to help people improve their sleep quality and increase the amount of time they sleep. The sleeping environment - with such factors as noise, light and bedding - also contributes to the nature of our sleep. It is Dr. Léger's opinion that the electronization of our bedrooms - with alarm clocks, radios, TVs, mobile phones and PCs - is one of the main causes of our lack of sleep.

Today, Damien Léger is widely considered an authority on sleep in France; he is actively involved in research programmes and trials of new sleep support systems; he is also the author of several articles in national and international publications about sleep disorders and published several books, including 'Bien dormir enfin' and 'Sleep disorders, impact on public health'.

#### Investment in the future

By awarding the EBIA Award 2009 to Doctor Léger, EBIA underlines its concern about the overall well-being of the consumer and hopes by supporting the Doctor in his research, that other interesting findings will emerge in the near future, which can benefit the bedding industry in its pursuit to constantly improve its products in the public interest.

About EBIA: The European Bedding Industries' Association (EBIA) was created in 2000 to represent the interests of the bedding industry, i.e. some 140 companies located in 11 member countries. The main objective of EBIA is representing an industry producing quality products and coming forward as the permanent voice of the Bedding Industry.

EBIA, in a constant concern for the wellness and comfort of its clients, is also charged with the promotion of the European Bedding Industry through national and/or international actions.

For more information, please visit [www.europeanbedding.eu](http://www.europeanbedding.eu)



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