



- Deputy Chief Executive Officer of Taipei Rong Cong Sleep Medicine Center and Chief Physician of Otorhinolaryngology
- Secretary General of the German International Association for Sleep Science and Technology cum Chairman of the Taiwan Branch

AmLife®  
*life, redefined*

- Chairman of Sleep Science Research Group, Wisdom Life Center, Taiwan University
- Visiting Professor, Department of Otorhinolaryngology, University of Washington, Seattle, USA
- Specialist of Grandparent Somnologists, European Union

## PROF. DR. MED. RAYLEIGH PING-YING CHIANG (M.D., M.M.S.)

Secretary General of the German International Association for Sleep Science and Technology  
Member of the World Academy of Sleep Medicine

**“The global sleep market in 2019 is as high as US\$ 76.7 billion”**



How long have a good night's sleep been evading you? Sleep constitutes almost one-third of human life. As an ancient saying goes, "sleep solutions take priority over longevity formulae," which reflects that mankind has long been seeking good sleep expedients. What is threatening the quality of our sleep? According to the World Sleep Medicine Association, sleep problems have become one of the global epidemics, plaguing 45% of the world's population. Insomnia, obstructive sleep apnea (OSA), and sleep deprivation severely affect the physical, mental, and emotional wellbeing, as well as work performance and interpersonal relationships.

Since the skull base of oriental people is relatively smaller, their risk of sleep apnea is four times higher than that of Westerners, and obese people are three times more likely to be at risk. Therefore, sleep disorders represent an epidemic that cannot be ignored in the eastern countries. According to Professor Rayleigh Chiang, Secretary General of the German International Association for Sleep Science and Technology cum Chairman of the Taiwan Branch, on the World Sleep Day, "sleep disorders can cause up to 83 diseases, including depression and sudden death. In addition, sleep disorders are the main cause of high blood pressure. As long as you sleep well, most of the problems that plague the modern man can be overcome, making sleep medicine the best preventive medicine."

In recent years, following the wake of technological advancement and health awareness, many scholars have used sensory and network technology to conduct research on home health monitoring systems, and sleep monitoring is a very important part. The physiological health monitoring systems at home not only shares the burden of high-cost medical manpower and resources, but also detects the signs of health abnormalities in a long-term manner. "For the foreseeable future, home monitoring will be the first line of defense for health and medical care. Combining sleep science with healthcare technology, like what AMLIFE has done, is going to be a new generation of healthcare trends."

Professor Rayleigh Chiang, also a pioneer of sleep medicine specialist in the European Union, says: "In 2019, the global sleep market will be worth as much as US\$76.7 billion, and the 5-year compound growth rate of sleep apnea will reach 11.3%." This means that the demand for sleep care bedding will increase dramatically." In the future, the global sleep care industry will create unlimited possibilities. Are you taking advantage of this trend?

