

The Italian Association of Sleep Medicine (AIMS), established in 1990, is the only scientific society in Italy dedicated to the field of Sleep Medicine. It aims at promoting excellence in sleep health care, improving scientific research and education on sleep and sleep disorders.

AIMS actively represents the Italian clinical and research community in the European Society for Research on Sleep (ESRS) and for the World Association of Sleep Medicine (WAMS).

AIMS serves more than 400 professional members, including clinicians (neurologists, psychiatrists, pulmonologists, pediatricians, ENT, dentists, maxillo-facial surgeons, cardiologists, child neurologists) and basic sleep science researchers.

The society provides members and non-members with educational opportunities in the form of an annual national congress, an annual residential course on basic and advanced Sleep Medicine, (including practical interactive sessions), and a newly established university Master course.

AIMS Board-certified sleep specialists and accredited sleep centers provide diagnosis and effective treatment of sleep disorders and promote high quality research for clinical application of newly developed drugs and devices in the field of sleep health care.

The society supports epidemiologic efforts to quantify sleep disturbances in Italy.

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