Sleep Medicine Research Has Become the Official Journal of the Asian Society of Sleep Medicine—Congratulations!

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Designation as the official journal represents the academic level of a society. Most of the active societies have official journals, which not only serve as the medium for publishing research and academic activities for the society, but also recruit manuscripts from outside the specialty to share academic achievements with researchers. As we know, Sleep is the Official Journal of the American Academy of Sleep Medicine. As the highest ranking journal in the field of sleep research, the American Academy of Sleep Medicine has the responsibility to set the direction of sleep research and establish the criteria of sleep studies worldwide.

The Asian Society of Sleep Medicine (ASSM) is a new society comprised of physicians and scientists who are enthusiastic about sleep research. The mission of the ASSM is to promote sleep medicine and encourage sleep researches. There are fourteen societies throughout Asia in the ASSM. The first Congress was held in Taipei on March 2016. During the Congress, Members of the Board Committee introduced the status of sleep medicine in their respective countries. In the congress, we acknowledge that the development of sleep research has grown very fast in Asia, but the efforts have been heterogeneous. Many interesting and excellent studies were presented in the Congress. Indeed, some of the studies included local social characteristics which had a huge impact on the audience not familiar with the social differences of other countries. For example, the research on sleep and eating conditions during Ramadan was introduced, but some attendees were not familiar with this important religious observance.

An active discussion about the status and future of sleep research was conducted during the Board meeting. There are many excellent sleep researchers in Asia, but they have to submit their results to journals in Western countries, which may not be familiar with the special situations in Asian countries. Thus, an Official Journal was suggested and most of the representatives of the ASSM agree that it is an important step for the development of sleep research in Asia.

We thank the generosity of the Korean Society of Sleep Medicine. The Society agreed to donate and designate Sleep Medicine Research as the Official Journal of the ASSM. The ASSM will organize a Journal Committee which will be led by the Editor-in-Chief of Sleep Medicine Research, Professor Chol Shin. More sleep researchers from Asian countries will be invited to join the Editorial Board. We hope designating Sleep Medicine Research as the Official Journal of ASSM will enhance the development of sleep research in Asia. We also hope that sleep researchers in Asia will support this journal and submit their research to this journal. We believe the rapid development of sleep research in Asia will also bring the journal, Sleep Medicine Research, to be the highest ranking journal for sleep medicine.