

**The Guatemalan Association of Sleep Medicine hereby invites participation in the creation of the first *“Atlas of Multicultural Perceptions of Physiological and Oneiric Sleep”* and in the organization of the Multicultural Symposium at the World Sleep Congress, Montreal 2027.**

Singapur- September 08, 2025.  
Dr. Fernando Ceballos.

### Topics to be discussed

- Project Presentation: *“Multicultural Perception of Physiological and Oneiric Sleep”*
- Clarification of questions
- Contributions (Brainstorming)

### Objectives

1. **Map cultural beliefs on a global scale regarding physiological and oneiric sleep**  
Identify how different cultures understand the purpose and value of sleep, both physiological and oneiric (physical rest, spiritual experience, prophetic vision, meaningless brain activity?).
2. **Exploring sleep practices across diverse cultural contexts**  
Document polyphasic vs. monophasic sleep routines, ritual naps, communal or individual sleep spaces, lucid dream induction practices, etc.
3. **Examine the role of sleep in the construction of identity and belonging**  
Investigate how oneiric narratives, sleep rituals, and sleep-related symbols contribute to the construction of community, identity, spirituality, or mental health.

### Benefits

- **Contribute to a more culturally competent sleep medicine**  
Generate recommendations for sleep health professionals that integrate cultural sensitivities into diagnosis and treatment.
- **Promote interdisciplinary and transnational dialogue**  
Build networks among sleep researchers, anthropologists, physicians, psychologists, and cultural leaders to share data and methodologies.
- **Preserve traditional knowledge of sleep at risk of extinction**  
Document languages, myths, rituals, and practices related to sleep that are disappearing due to globalization and the loss of languages/cultures

### Methodology

Review and Interdisciplinary Theoretical Framework:

#### Extensive literature review:

- Studies on oneiric interpretation and cultural sleep practices
- Anthropological, historical, religious, and philosophical perspectives on sleep

Development of a conceptual framework integrating:

- Neurophysiology of sleep
- Symbolic and cultural meanings of sleep
- Social, spiritual or therapeutic practices associated with sleep

## Alliances

- Anthropologists specialized in each cultural region
- Sleep psychologists and neuroscientists
- Linguists for intercultural translation
- General coordinator of transdisciplinary research
- Support from universities, NGOs, and local cultural organizations

## Procedure

1. **Send a letter of intent to asogmes@gmail.com**
  - a) Full name
  - b) Country represented (specific culture)
  - c) Contact (institutional email, personal)
  - d) Affiliations
  - e) Multidisciplinary team you will be working with
  - f) You will receive a decision letter outlining guidelines and terms
2. **You will receive a decision letter outlining guidelines and terms**

## “Atlas of Multicultural Perceptions of Physiological and Oneiric Sleep”

- **Final submission deadline:** January 15, 2026, 18:00 hours (0 UTC)
- **Additional time for revisions:** 15 days
- **Submission language:** English
- **Word count:** Minimum 1,000 – Maximum 2,000 (excluding bibliography, table notes, and figures)
- **Requirements:** 2 tables and 2 figures
- **Restriction:** Artificial intelligence must not be used for writing or formatting
- **Authorship:** Each accredited author may extend an invitation to 5 additional professionals

## Reach

- By March 2026, complete the compilation of the first *“Atlas of Multicultural Perceptions of Physiological and Oneiric Sleep.”*
- First Multicultural Symposium at the World Sleep Congress, Montreal- September 10, 2027.

TO BE YOUR COUNTRY’S AMBASSADOR IN OUR GLOBAL PROJECT  
**asogmes@gmail.com**