



**WORLD SLEEP DAY  
18TH MARCH 2022**

## **E-Poster Competition**

**Theme: Sleep better, Live better**

- To celebrate the World Sleep Day
- Organized by the Sleep Assembly of Sri Lanka College of Pulmonologists
- Invitation to all medical students



**1st prize Rs 25,000/-    2nd prize Rs 15,000/-  
3rd prize Rs 10,000/-**

**Topics: 'Good Sleep Hygiene' Or 'Benefits of Good Sleep'  
Last date for submission: 14th March 2022 4pm**

### **Criteria:**

- ⇒ One PowerPoint slide 2010 or above versions
- ⇒ Landscape in orientation
- ⇒ 16:9 aspect ratio (wide screen)
- ⇒ Minimum font size 10

**Send in your submissions to: [sleepdayposters@gmail.com](mailto:sleepdayposters@gmail.com)**

**Include in email: Name, Student registration number, Faculty,  
Year of study & contact number**

***Get creative about sleep!***