Opening Remarks

In 1975 we founded the South-East European Society in order to gather together the various medical schools in this part of the world. The idea was born in 1971 during a meeting in Minneapolis, and although neurology and psychiatry had developed in different directions when the society was founded, a joint society was inaugurated. The reason was to build a common platform for both disciplines for further cooperation rather than to reawake old traditions. This seemed necessary for a scientific basis to build up new structures in order to serve research as well as the need of the patients. It is along these lines that we have to consider this symposium on ‘Sleep and Sleep Disorders’. Thanks to new technical developments this important subject can now be approached in a proper way. Many promising new results can be given and will certainly be able to put the diagnosis of sleep disorders on a new basis. In this way it is very likely that a special pharmacology of sleep disorders will be developed. This symposium may also serve the idea of the South-East European Society to give a platform of exchange between the different disciplines. We are very grateful to Oxford Instruments, Leopold Pharmaceuticals and Fresenius Pharmaceuticals for their generous support of this meeting.

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