



The JBP and sleep medicine

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Sleep medicine is a relatively new discipline that has begun to consolidate as an important area of activity for pulmonologists, in Brazil as well as in the rest of the world. The JBP has been a part of this transformation, as evidenced by the increasing number of submissions and publications related to the field of sleep medicine. Although we are still a month away from the end of the year, the number of submissions to the JBP in 2016 has already hit a record, growing by 18% in comparison with 2013. Even more significant was the increase in the number of submissions related to sleep medicine, which increased from 8 in 2013 to 16 (to date) in 2016. The increasing interest in the JBP, together with an increase in the quality of the articles submitted, demonstrates the maturing of the sleep medicine community in Brazil.^(1,2)

It also shows the evolution of the JBP, which has increased its visibility on various fronts. As a matter of fact, there have also been submissions on the topic from outside Brazil.^(2,3)

All of this has made the JBP stand out among the Brazilian journals indexed for the *Index Medicus* (Medline/PubMed) as one of the journals that publishes the most articles on the topic of sleep.

In this edition of the JBP, Andrade and Pedrosa⁽⁴⁾ review a current theme: the role of physical exercise in obstructive sleep apnea. Exercise has a broad range of effects. In sleep apnea, exercise can reduce the frequency of respiratory events and relieve symptoms. The treatment of sleep apnea with strategies other than the use of continuous positive airway pressure is relevant because of the difficulty that some patients have in adhering to the treatment, as well as because of the high cost of the equipment. Although the efficacy of physical exercise is limited, studies in which physical exercise is combined with other strategies, such as myofunctional speech therapy, weight loss, and positional therapy, have shown promise.

I would therefore like to thank everyone who has been contributing to the sleep medicine section of the JBP, either by submitting their scientific production or by dedicating themselves to reviewing the manuscripts submitted. In addition, I appeal to the entire scientific community that is interested in sleep medicine to contribute with new submissions and to volunteer to act as a JBP reviewer. The dedication of all involved will increase the international visibility of the JBP, with an emphasis on sleep medicine, which will benefit the Brazilian Thoracic Association and the scientific community at large.

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