



# INDIA SLEEP 2023



## Guidelines for Poster Presentation

### Poster size

- Poster should be in the **portrait format** only with the dimensions of **2.75 ft. (32 inch) width x 4 ft. (48 inch) height** - this will be the maximum size allowable for a poster.
- Pushpins / Clips will be available for mounting / attaching the poster to the display board.
- Each board will be marked with an abstract number.

### The poster (layout) should include the following sections below the title:

- Introduction (including background and objective)
- Methods
- Results (including data, figures, or tables)
- Discussion
- References and Acknowledgments

### Poster Design

#### Guidelines for text

- **Font sizes** should be at least the sizes specified for each element below. All elements should be large enough to read from 6 feet away (typical poster viewing distance).
  - Title: At least 158-72 point font or larger for poster titles to be viewable from 10-15 feet away.
  - Author and affiliations: Use at least 72 point font.
  - Section headers (such as Introduction, Methods, etc.): Use at least 36-48 point font.
  - Main text within each section should be large enough to facilitate readability from 6 feet away. Use at least 24-36 point font.
  - References and Acknowledgments: Use at least 20 - 24 point font.
- **Font types:** Sans serif fonts (e.g., Arial, Calibri) are much easier to read and visually accessible than serif fonts (e.g., Times New Roman).
- Text should be brief and presented in a bullet-point list as much as possible.

#### Guidelines for visuals

- Figures, photos, and images should similarly be large enough to view from 6 feet away.
- Be redundant in how you present information - use different line textures (e.g. solid and dashed lines) and shapes (e.g. circles and triangles) for each group. Do not rely on color alone!