

SleepWell



Description

SleepWell is an evidence-based program to help students enhance their sleep habits. The mini-course will meet once a week for three consecutive weeks. Each session is ninety minutes. Students are encouraged to sign-up with a friend or roommate so that they might reinforce sleep-enhancing behaviors in each other.

Learning Objectives

At the conclusion of the course, participants will be able to:

1. Describe three ways that quality sleep can enhance one's success at Emory.
2. Practice three strategies for enhancing sleep (improvements in consistency, quality, sleep environment) over time.
3. Explain two possible effects of caffeine and alcohol on sleep.
4. Describe three healthful, sleep enhancing bedtime snacks.
5. List three consequences of poor sleep.
6. Explain why consistent sleep is better than variable sleep.

Activities

- Discussion of sleep challenges and successes with supportive peers going through similar experiences
- Expert instruction in nutrition, relaxation and other behaviors and skills that can enhance sleep
- Information on the links between quality sleep and academic performance
- Debate on recent media stories on sleep
- Practice meditation and other relaxation exercises

Incentives

- Free dinner! (Optional – this depends on resources provided by the program sponsor)
- SleepWell resource kit including a sleep diary, tips for creating a restful environment, healthy sleep strategies, and more!
- Expert instruction in a comfortable learning environment surrounded by engaged peers
- Certificate of completion for full attendance which participants may add to their e-portfolio

Empirical Foundation

- Among respondents to the 2006 National College Health Assessment at Emory, as well as among respondents to the national NCHA survey, sleep is rated among the top two issues that students report impede their academic performance.
- This program is modeled on a psychoeducational program found to be effective in a cohort of university students, see Brown, F. C., Buboltz, W. C., & Soper, B. (2006). Development and Evaluation of the Sleep Treatment and Education Program for Students (STEPS). *Journal of American College Health*, 54(4), 231-237.
- By encouraging students to attend the class with a friend or peer group, elements of social support may also be present. A variety of public health research has underscored the value of social support in helping one adopt and maintain health-enhancing behaviors.

E-portfolio connection

This program enhances participants' critical thinking skills by promoting health literacy and supporting the integration of healthy behaviors into daily practice.

Contact

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