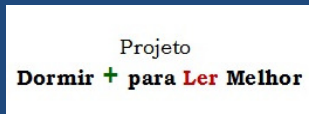


Evaluation of two projects on Sleep Education: “Sleep Schools Project” and “Sleep more to Read better”

Teresa Rebelo-Pinto, MsC¹, Joana Carneiro Pinto, PhD², Helena Rebelo-Pinto, PhD^{1,2}, Filipa Brito, MsC¹, Filomena Cravo³, Paula Luís³ & Teresa Paiva, MD, PhD¹



¹ Sleep Medicine Center – CENC, Lisbon, Portugal

² Faculty of Human Sciences, Portuguese Catholic University

³ Portuguese National Reading Plan

Introduction & Purpose

Sleep Education is effective in the prevention of sleep problems and in the enhancement of healthy lifestyles⁽¹⁾.

This work aims to present sleep education and sleep awareness activities, whenever an educational model is assumed: a three-dimensional model about sleep, addressing sleep habits, personal and environmental factors with nine subcategories, together with associated community projects and scientific research activities.

Similar tools used in two projects: “Sleep Schools Project” (SSP) and “Sleep more to Read better” (SMRB) are evaluated.

Results

1) There were **105** sessions and 46 community projects in schools around the country

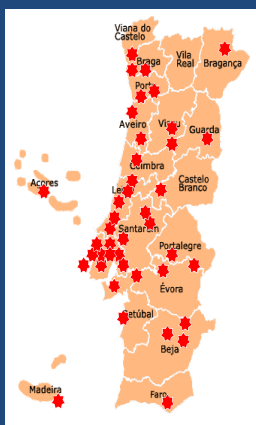


Figure 1 – Sessions across regions

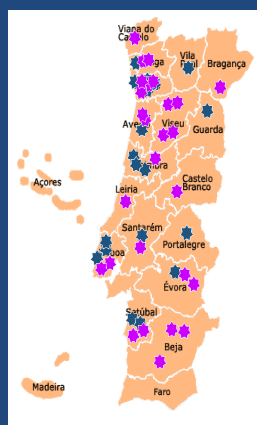


Figure 2 – Community projects ongoing

469 Schools / School networks
7943 - Students

1711 - Teachers
3395 - Parents

Conclusions

- The two projects show a great increase of the interest around sleep, which is now currently included in educational initiatives across Portugal.
- The results are clear indicators of significant awareness raising about sleep
- The developed/validated questionnaires are essential research tools
- They allowed the construction of a 3D model about sleep in children and adolescents
- The link between educational activities and research was most fruitful, contributing to increased research in the field
- Future work must deal with the measurement of impacts upon Children/Adolescent Portuguese sleep behaviors.

Evaluation Criteria

In spite of somewhat different objectives, both projects used similar methodologies and therefore are evaluated together.

The observation period is 5 years (from 2009 to 2014) and includes private and public schools with every age levels.

Evaluation of the developed activities was done taking into account:

- 1) The number of targets involved in the educational actions
- 2) Construction and/or validation of sleep questionnaires
- 3) Conception and validation of a 3 educational model of Sleep

2) 7 questionnaires validated for the Portuguese population:

- Cleveland Adolescent Sleepiness Question. ⁽²⁾
- Epworth Sleepiness Scale ⁽³⁾
- Sleep-Self Report ⁽⁴⁾
- Children Sleep Habits Question. ⁽⁵⁾
- My Sleep and I ⁽⁶⁾
- My children’s sleep ⁽⁷⁾
- Stress, Anxiety & Depression Scale ⁽⁸⁾

3) Development of a 3-Dimensional Model about Sleep

