

group - 1
Sleep Hygiene
Age Target- 20 to 30 years old

*Authors- 1.Keval miyani (2426154)
2. Krishna goswami (2436890)
3. Albena Ivanova Vassileva*



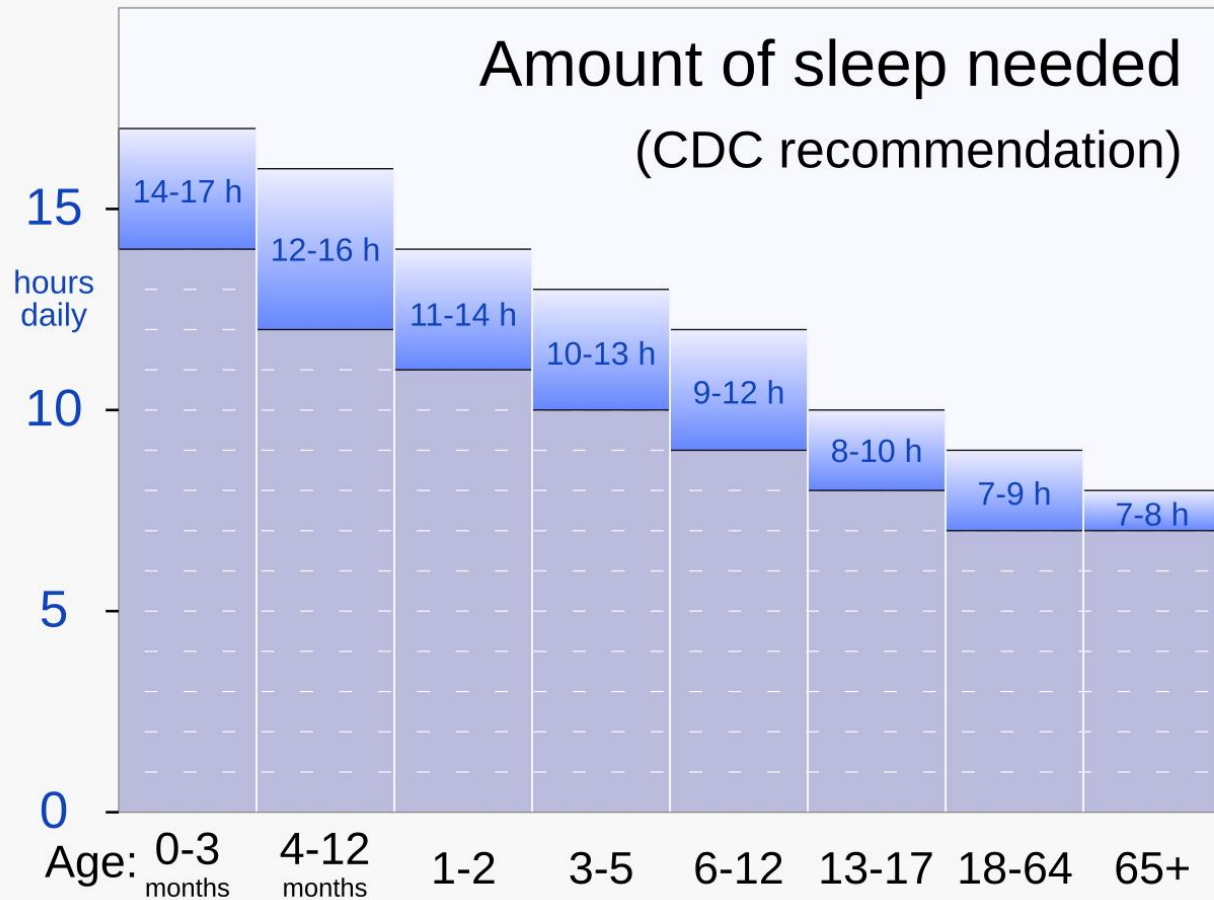
Introduction to Sleep Hygiene

- Sleep is a normal and regular state of rest that happens again and again. During sleep, the body stays mostly still, and it does not respond easily to things happening around it. Sleep problems are very common in people who receive haemodialysis treatment.
- Good sleep hygiene is very important for young generation to stay healthy, and improve concentration.
- In this presentation, we will cover the importance of sleep hygiene in youngsters, practical ways to improve it, and the effects of inadequate sleep.



Well Excel (AASM, 2020)

Purpose and target

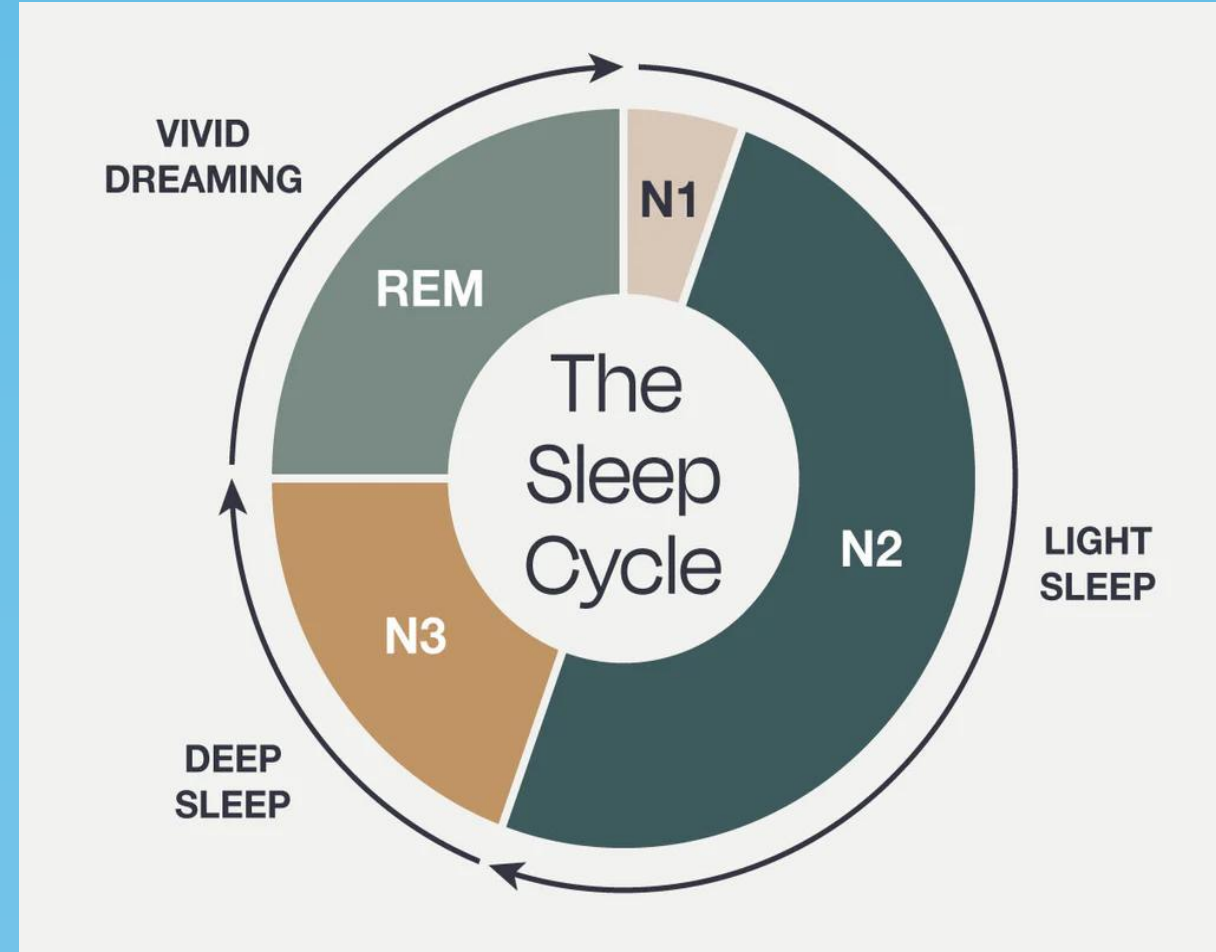


- Good sleep is very important for adults in their busy and stressful environments, as it helps improve both their mental and physical health.
- According to the NIH, adults should get 7 or more hours of sleep each night to stay healthy. (NIH 1 jun 2015)

"How Much Sleep Do I Need?". CDC.gov. Centers for Disease Control and Prevention (CDC). 14 September 2022.

(Cont...)

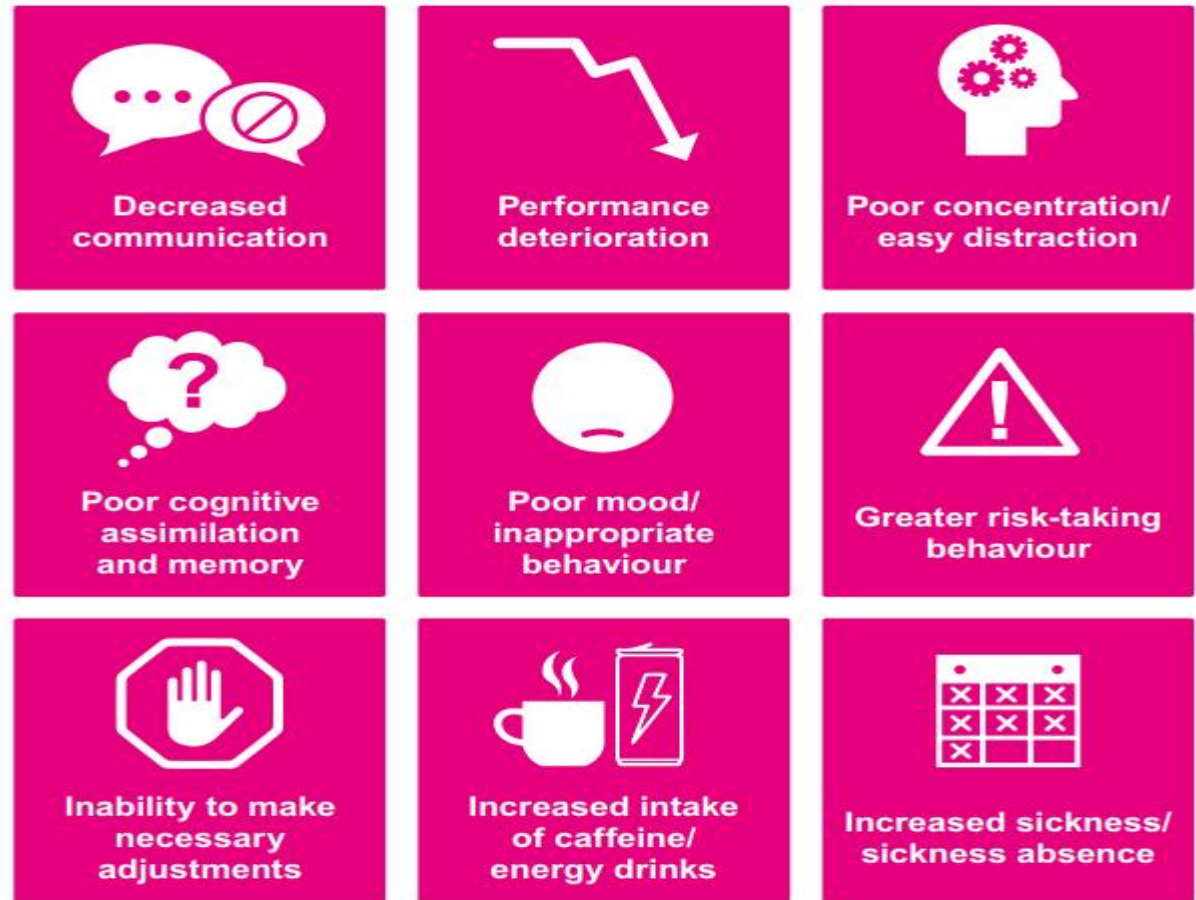
- According to the Journal of Sleep Research, sleep problems increased from 22.6% in 2010 to 30.5% in 2018.
- They also found that the overall prevalence of insomnia was 34.2% in women and 22.2% in men. (JSR 04 December 2018)
- Researchers came to the conclusion that students' sleep issues are becoming more common and should be taken seriously as a public health concern.



Alaskan King Bed Company, What Does the Sleep Cycle Look Like: Overview of the Different Stages of Sleep
JUN 13, 2023

Short-term effect of Poor Sleep Habits

Signs of sleep deprivation



- Short-term sleep disruption can cause stress, mood changes, memory and thinking problems, pain, and lower quality of life.
- Specially in adults, short-term sleep disruption can lead to increased stress, emotional distress, mood disorders, cognitive and memory problems, and reduced quality of life.

(Tylor & francis 19 May 2017)

Long-term effect of Poor Sleep Habits

- Long-term sleep disruption can increase the risk of high blood pressure, heart disease, problems with cholesterol, weight gain, metabolic syndrome, type 2 diabetes, and even colorectal cancer.
- It can also increase overall risk of death in men. (Tylor & francis 19 May 2017)



Three key aims of the campaign



- The primary aim of the campaign is to evaluate intervention strategies that assess the impact of improved sleep and circadian alignment on physiological functioning, behavior, health, and well-being throughout the lifespan. ([Sleep Health Volume 6, Issue 2, April 2020](#))
- To make other people aware of sleep hygiene and to reduce their screen time.
- Help them to improve sleep quality and reduce sleep disorders

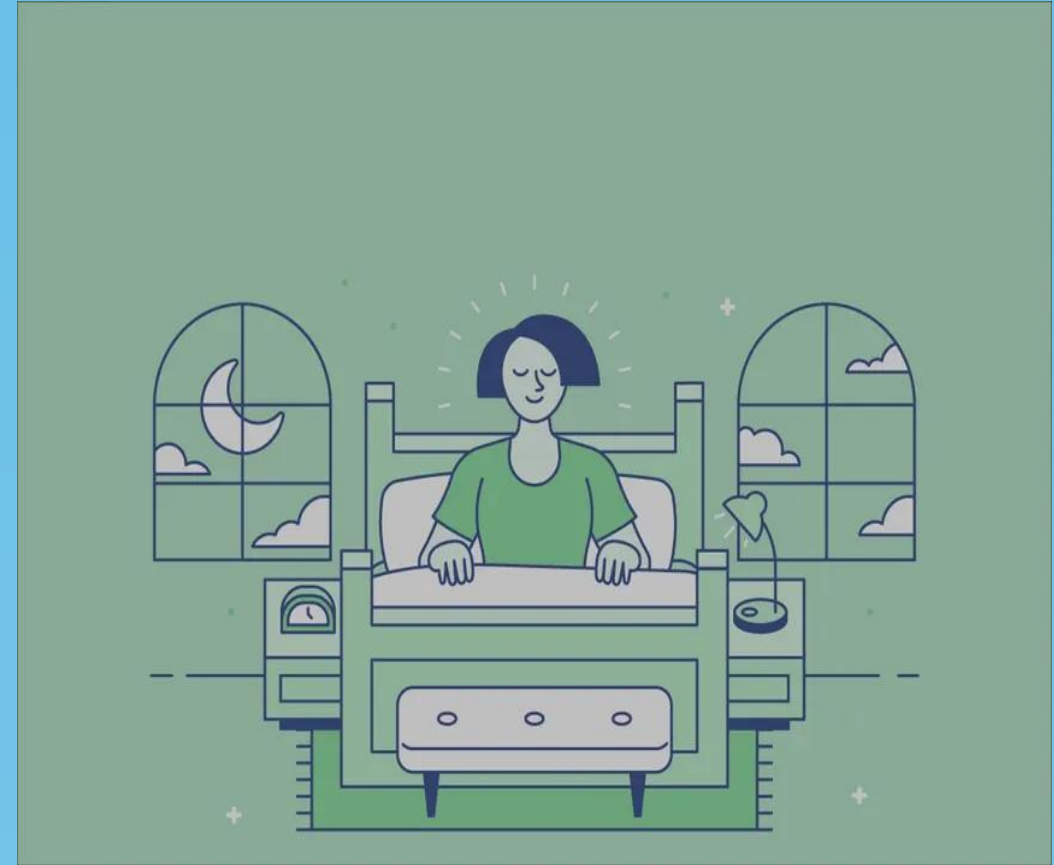
Benefits of achieving the aims



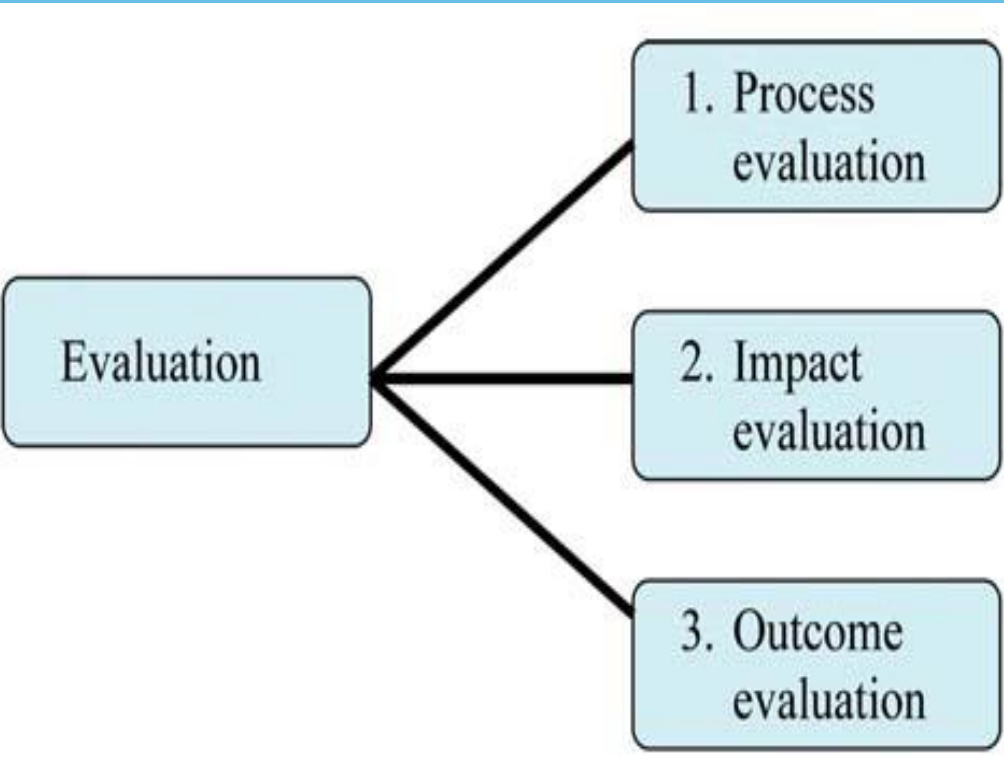
- Benefit of sleep hygiene is that it leads to memory consolidation, improved task performance, alertness, productivity, better quality of life, and enhanced mental health.(The Benefits of Sleep Chapter First Online: 28 March 2023)
- Also, it helps improve concentration and performance at work.

(Cont...)

- Adequate sleep improves cognitive function, memory consolidation, emotional regulation, immune system efficiency, overall quality of life, and physical health, while reducing the risk of mood disorders, chronic diseases, and impaired performance.((2025). BENEFITS OF SLEEP. Modern Science and Research)



Types Of Evaluation



open.edu Types of evaluation used in health education.

- **Process Evaluation** :Process evaluation looks at whether a sleep hygiene program is being carried out as planned and what parts are working well or not. It focuses on how the program is delivered, how staff and participants respond, and what factors influence its operation, rather than just the outcomes. This helps explain why the program works in some settings but not others and identifies areas for improvement.

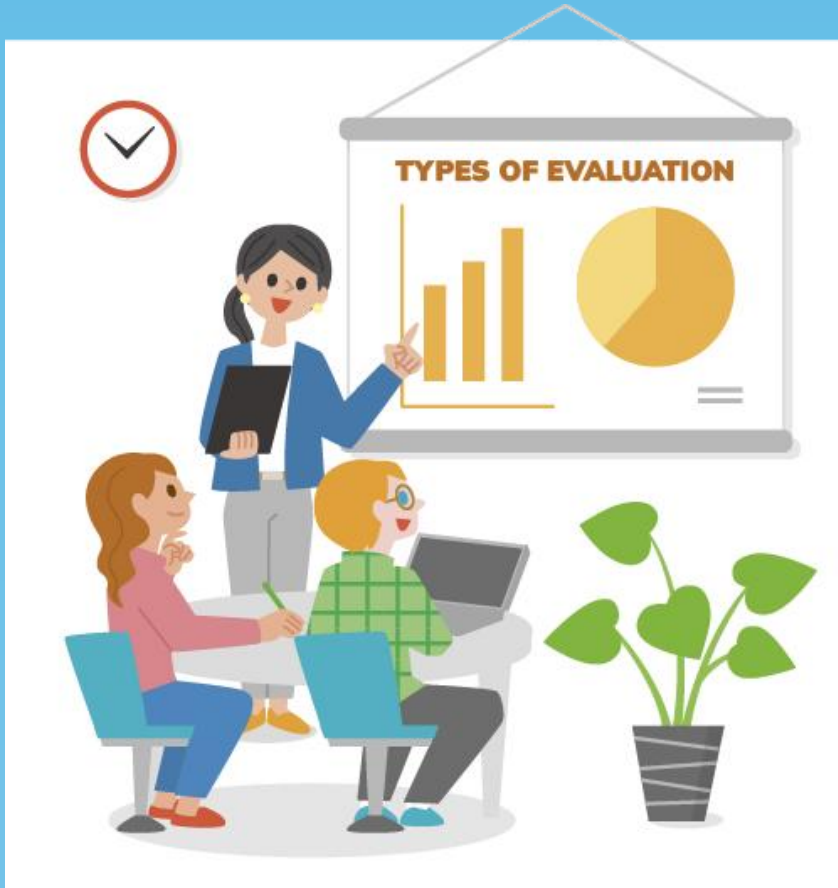
(Cont...)

- Outcome Evaluation: Outcome evaluation checks the results of a sleep hygiene program by measuring the changes it causes in sleep habits or quality. It collects data on specific outcomes, like sleep duration or insomnia symptoms, to see how effective the program is, using designs like pre-post comparisons, quasi-experiments, or randomized controlled trials.



Virgonafrika evaluation methods

(Cont...)

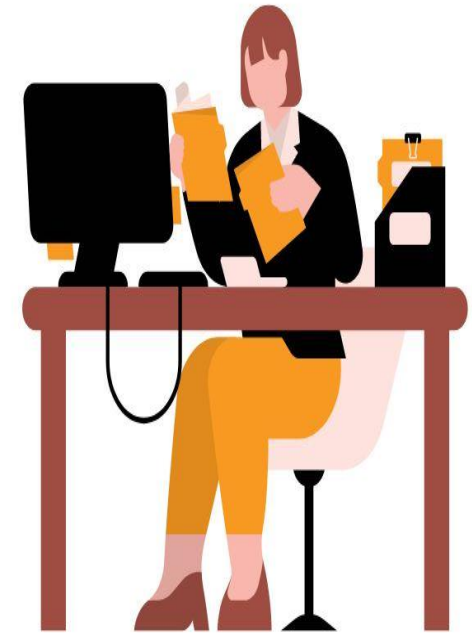


- Economic evaluation : Economic evaluation evaluates the costs and benefits of the resources utilised to implement a sleep hygiene program. It assists decision-makers in allocating resources, establishing priorities, and organising future interventions by weighing the program's costs and benefits against alternatives. Although it might be challenging to quantify long-term benefits, it takes into account staff time and other resources in addition to results like better sleep quality.

(Cont...)

- **Formative Evaluation** :Formative evaluation checks whether a sleep hygiene program is feasible, appropriate, and acceptable before full implementation. It can include both process and outcome measures to guide program design and improvement.
- **Impact Evaluation** :Impact evaluation measures and compares outcomes with and without a sleep hygiene program, aiming to determine whether the program directly caused the observed changes in sleep behaviors or health outcomes.

TYPES OF EVALUATION





THE WAKING DEAD

Dangers of Sleep Deprivation

More than 70 million Americans suffer from one or more of the 85 sleep disorders recognized by the American Sleep Disorders Association. What is the cost of our restless nights?

LATE NIGHT AFTERMATH

Sleep deprivation plays a major role in a variety of conditions and illnesses.



Decreased alertness



Cognitive impairment



Increased stress



Increased appetite

REDUCING SLEEP BY
90 MINUTES

FOR JUST ONE NIGHT CAN REDUCE
DAYTIME ALERTNESS BY UP TO

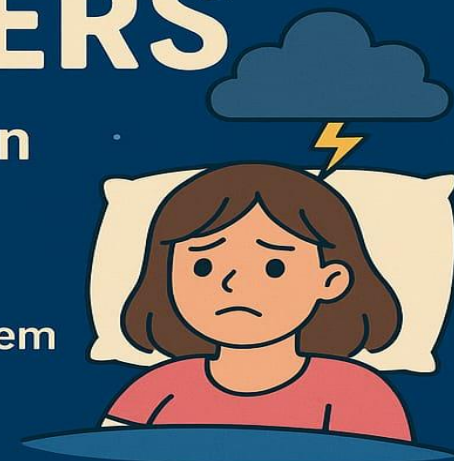
32%



WHY SLEEP MATTERS

What happens when
you don't sleep?

- Impaired brain function
- Weakened immune system
- Mood swings



**HOW MUCH SLEEP
DO ADULTS NEED?**

**7-9
hours**



**REDUCE
SCREEN TIME**

Avoid screens
before bed



impact of the campaign

- The campaign Southwestern university showed improvements in sleep quality, sleep hygiene, and sleep knowledge in both groups. the group that received text messages about sleep hygiene and the group that received messages about healthy behaviors. However, the results were not statistically significant.



freepik

impact of the campaign



Peterson and Schriever Space
Force Base July 20, 2021

- Norfolk County Council launched a Sleep Awareness Campaign targeting young people aged 14–25, focusing on mobile phone use, exercise, and natural light to improve sleep quality. The campaign provides tips such as limiting phone use before bed, getting morning daylight, and exercising regularly, and encourages parental support for healthy sleep routines. It aims to improve mental health and overall wellbeing by promoting better sleep habits among young people.

Potential Partners

- National Health Service



- National Sleep Foundation

- World Health Organization



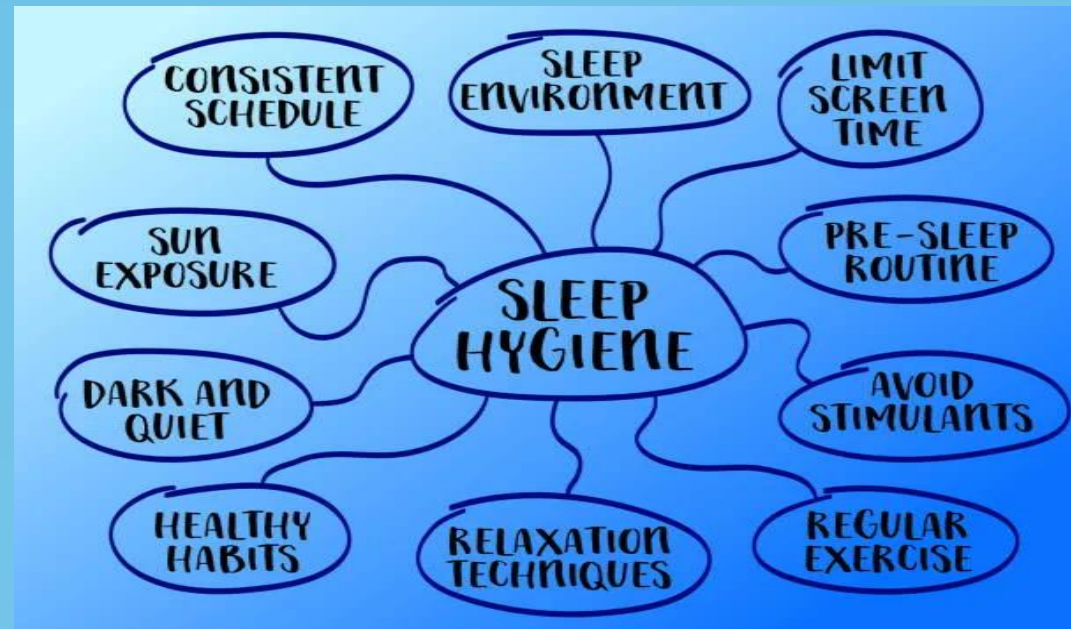
Campaign Resources

- Media platforms
- Evaluation resources and variables
 - Information technology resources
- Institutional and sponsorship resources



Psychological Benefits

- Improved functional health status
- Improved positive psychological well-being
 - Reduced negative mood symptoms
- Reduced psychological distress (anxiety and fatigue)
- Enhanced relationship and social functioning

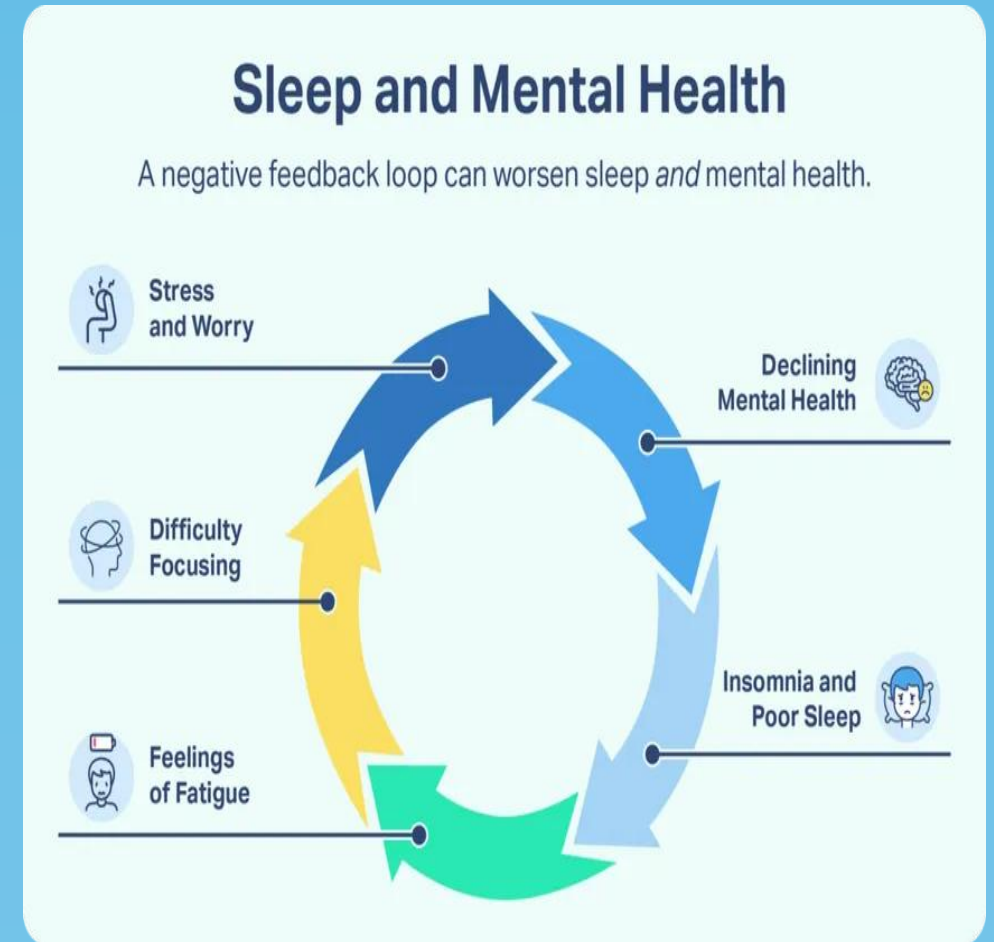


sociological and psychological benefits

- Positive attitude toward sleep hygiene
 - Supportive subjective norms
 - Strong perceived behavioral control
- Effective intention to practice good sleep habits
- Improved action planning for better sleep behavior

sociological and psychological benefits

- Positive attitude toward sleep hygiene
- Supportive subjective norms
- Strong perceived behavioral control
- Effective intention to practice good sleep habits
- Improved action planning for better sleep behavior



Mental Health and Sleep

Updated July 11, 2025

Health Behavioral Models

- **Health Belief Model:** The Health Belief Model (HBM) explains health behaviors through key dimensions such as perceived susceptibility, perceived severity, perceived benefits, and perceived barriers. The review found “perceived barriers” to be the most powerful factor, with strong support for the model across preventive-health and sick-role behaviors.
- **Perceived Barriers:** The Health Belief Model is a behavior change framework used to increase knowledge of health challenges, enhance perceptions of personal risk, encourage risk-reducing actions, and build self-efficacy for needed changes.

conclusion

- In conclusion maintaining good sleep hygiene is critical to our mental and physical well-being. Sleep deprivation can lead to long-term problems like depression and cardiac problems as well as short-term ones like fatigue and poor focus. Research indicates that encouraging healthy sleeping practices can enhance general wellbeing. Campaigns and awareness-raising initiatives aid in educating the public about sound sleeping practices. We can all have healthier lives and better sleep by cutting back on screen usage, exercising, and spending time outside.

References :-

- Sleep Medicine Reviews Volume 75, June 2024, 101930 :
<https://www.sciencedirect.com/science/article/pii/S1087079224000340>
- Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. SLEEP 2015 :
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4434546/>
- Sleep patterns and insomnia in young adults: A national survey of Norwegian university students First published: 04 December 2018 :
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jsr.12790>
- Short- and long-term health consequences of sleep disruption Published online: 19 May 2017:
<https://www.tandfonline.com/doi/full/10.2147/NSS.S134864#d1e111>
- Adapting sleep hygiene for community interventions: a qualitative investigation of sleep hygiene behaviors among racially/ethnically diverse, low-income adults Volume 6, Issue 2, April 2020 : <https://www.sciencedirect.com/science/article/abs/pii/S2352721819302712>
- The Benefits of Sleep Chapter First Online: 28 March 2023 pp 165–172 Cite this chapter :
https://link.springer.com/chapter/10.1007/978-3-031-25617-2_39
- Alimova, M., Djyanbekova, F., Meliboyeva, D., & Safarova, D. (2025). BENEFITS OF SLEEP. Modern Science and Research, 4(4), 780–789. Retrieved from
<https://inlibrary.uz/index.php/science-research/article/view/79592>

References :-

- Guidance Introduction to evaluation in health and wellbeing : <https://www.gov.uk/guidance/evaluation-in-health-and-wellbeing-introduction>
- CDC Program Evaluation Framework, 2024 : <https://www.cdc.gov/mmwr/volumes/73/rr/rr7306a1.htm>
- Explore Taylor & Francis eBooks : <https://www.tandfonline.com/doi/abs/10.1080/07448481.2018.1462816>
- Investigating sleep quality and sleep hygiene awareness among Chinese adults: an association and network analysis study Epidemiology Original Article Published: 04 March 202 : <https://link.springer.com/article/10.1007/s11325-023-02798-0>
- SYSTEMATIC REVIEW article Front. Public Health, 11 January 2022 Sec. Digital Public Health Volume 9 - 2021 | <https://doi.org/10.3389/fpubh.2021.715403>
- Study protocol Open access Published: 23 May 2016 Volume 17, article number 257, (2016) : <https://link.springer.com/article/10.1186/s13063-016-1364-7>
- Social Psychological Predictors of Sleep Hygiene Behaviors in Australian and Hong Kong University Students Special Issue: Sleep Science Published: 04 March 2020 Volume 28, pages 214–226, (2021) : <https://link.springer.com/article/10.1007/s12529-020-09859-8>
- Health Education & Behavior First published March 1984 : <https://journals.sagepub.com/doi/abs/10.1177/109019818401100101>
- The Health Belief Model Edward C. Green, Elaine M. Murphy, Kristina Gryboski Book Editor(s):Kate Sweeny, Megan L. Robbins, Lee M. Cohen First published: 02 September 2020 : <https://onlinelibrary.wiley.com/doi/abs/10.1002/9781119057840.ch68>

Before
I Sleep
I Say Thank You

