



Sleep Seminar Series

“Who is sleep deprived? According to the U.S. Centers for Disease Control and Prevention, 25% of American adults report insufficient sleep at least 15 days out of the month. The recommendation for adults is 7-9 hours of sleep, however 30% of the working population gets less than six hours per night. Children require 9-11 hours of sleep per night.” (Information from <https://extension.psu.edu/sleep-is-as-important-as-diet-and-exercise>) Educate your employees and students on the essential of sleep and its health benefits through a sleep seminar series! This budget should include healthy drinks and snacks for the support group, marketing materials as well as a stipend for the group leader.

How to Implement

- With your wellness committee, establish employee and student interest in having a sleep seminar series or lunch and learns
- Talk to employees/students to determine the best time for a seminar(s)
- Reserve a meeting space for the seminar(s)
- Find someone who is willing to lead the seminar(s)
 - <https://goodnightsleepsite.com/services/corporate-sleep-seminars-lunch-and-learns/>
- Visit Penn State University Park’s Health Promotion and Wellness page for additional resources
 - <https://studentaffairs.psu.edu/health-wellness/healthy-living/sleep>
 - Discuss opportunity of a virtual interactive sleep workshop via Zoom
- Create a sign-in sheet to measure participation.
- Talk to managers about providing flexible work times to participate
- PROMOTE the sleep seminar and related health tips through emails and posters.
- Additional sleep infographics and information from the American Heart Association can be found at:
 - <http://www.heart.org/en/healthy-living/healthy-lifestyle/sleep>

Evaluation

To assess the impact of the intervention:

- Track attendance via sign in sheet if sleep seminars are in person, or via online if classes are held through videos/Zoom
- Survey employees and students on how their energy and stress levels changed following healthy sleep practices
- Survey individuals on which form of practice they enjoy best (i.e. in person or video)

Information provided by: <https://extension.psu.edu/sleep-is-as-important-as-diet-and-exercise>



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask pre/post each time.)**

- Anonymously rate your mental alertness on a scale from 0-10. **(Ask pre/post each time.)**

- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never

- What is your biggest barrier to positive mental health? (Check all that apply.)
 - Work stress
 - Micromanagement
 - Home stress
 - Busy schedule
 - Coworkers
 - Relationships outside of work
 - Other

- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never



PennState

LionPulse

- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied

- How many hours do you spend on campus each week working and/or doing school work?

- During the past 30 days, for about how many days have you felt worried, tense, or anxious?

- Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- During the past month, other than your regular job or school load, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
 - Yes
 - No

- How many times per month did you take part in this activity during the past month?
 - And when you took part in this activity, for how many minutes did you usually keep at it?

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied



PennState

LionPulse

Sleep Seminar Sign-In Sheet

Name	Student or Employee?	Email



LionPulse Session Evaluation

Campus: _____ Session: _____

Date: _____ Time: _____

1. Was the time of this program convenient for you?
 - a. Yes
 - b. No

2. Was the topic of interest?
 - a. Yes
 - b. No

3. How often would you attend programs?
 - a. Monthly
 - b. Quarterly
 - c. Not at all
 - d. Other _____

4. Based on today's experience, will you encourage your colleagues to attend?
 - a. Yes
 - b. No

5. Will you make changes in your life based on what you learned today?
 - a. Yes
 - b. No

6. What program topics would you like to see in the future?
