

| | |
|---|----|
| 1 | |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |
| 6 | 11 |



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 4 – Self-Learning session (4.3)
Health Apps for Rest Routines



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





Partners

POLIBIENESTAR
UNIVERSITAT DE VALÈNCIA

UNIVERSITAT DE VALÈNCIA
VALENCIA, SPAIN
www.uv.es



OXFAM ITALIA INTERCULTURA
AREZZO, ITALY
www.oxfamitalia.org/

PROLEPSIS
INSTITUTE

PROLEPSIS
ATHENS, GREECE
www.prolepsis.gr

IAT
Institute for Work and Technology

WESTFALISCHE HOCHSCHULE GELSENKIRCHEN,
BOCHOLT, RECKLINGHAUSEN
GELSENKIRCHEN, GERMANY
www.w-hs.de



connexions
ICT for Education and Social Impact

CONNEXIONS
ATHENS, GREECE
www.connexions.gr



RESET
CYPRUS
www.resetcy.com



media k GmbH
Bad Mergentheim, GERMANY
www.media-k.eu

coördina
Strategy and Sustainable Results

COORDINA ORGANIZACIÓN DE EMPRESAS Y
RECURSOS HUMANOS, S.L.
VALENCIA, SPAIN
coordin-a-oerh.com



AMSED
STRASBOURG, FRANCE
www.amsed.fr



Self-learning Session: Content

1. Quiz and Self-assessment

A rest routine is...

Only one answer is correct!

A. Turning on screens before
bedtime

B. Spending time in mobile phone
in order to fall asleep

C. Turning on lights

D. A series of activities before
bedtime



The benefits of a sleeping routine are...

Only one answer is correct!

A. Setting our “biological” clock

B. Reducing stress

C. Improving our mood

D. All of the above



Reducing caffeine is a practice for establishing a sleeping routine

True

False



Rest routine applications are mobile applications that impact our sleep in a negative way

True

False



The main characteristics of sleeping routine applications are sleep tracking, sleep hygiene practices, relaxation activities

True

False





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed this module!

