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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 4 – Teaching session (4.1)
Health Apps for Rest Routines



Partners

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Teaching Session: Content

1. [General information about rest routines](#)
2. [Rest routines applications and their benefits](#)
3. [Navigating Apps for rest routines](#)
4. [Real life scenario](#)
5. [Discussion and Evaluation](#)



Objectives

- ✓ Increase awareness on what is a rest routine and the importance of a rest routine
- ✓ Identify main activities for establishing a rest routine and how rest routine applications can contribute to that
- ✓ Understand the main concepts related with Health Apps and how they can be useful for migrants
- ✓ Develop digital skills and familiarize with the use of rest routine apps



Source: Image by nuraghies on Freepik



4 Health apps for rest routines

Competences

- ✓ Definition of what is a rest routine and why it is important
- ✓ Explanation of how rest routine apps can benefit an establishment of a sleeping routine and improve the sleep in general
- ✓ Familiarization with and capability of navigating different rest routine app and integrate it in the daily life



[Image by vectorjuice on Freepik](#)



4.1.1

General information about rest routines

Objectives

- To acquire general knowledge on rest routines.
- To understand the importance of having a rest routine.
- To learn about sleeping difficulties.



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Definition of rest routine

- A rest routine or most commonly known as sleeping routine is the series of activities we follow one or half an hour before going to bed, e.g. turn off the lights, turn off screens, having a specific time going to bed every day, prepare the bed for sleeping, reading a book, etc.



- *(Sleeping foundation, 2023)*



Why sleeping routines are important

- Sets our “biological” clock
- Reduces stress
- Improves mood
- Maintains a healthy weight
- Becoming sick less often

*(Office of Disease prevention
& Health Promotion, 2023)*



[Source](#) | [Pixabay license](#)



Common sleeping difficulties in migrant populations

- Sleeping disturbances are mostly related with adaptation stress in the host country, trauma, history of torture or ill-treatment and war
- The most common difficulties are:
 - Insomnia
 - Poor sleeping quality
 - Nightmares
 - Sleeping for short periods at a time (breaks)
 - Sleep paralysis (mostly in refugee populations)



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How to establish a sleeping routine

- Create and keep a sleep schedule, meaning go to bed and get up every day at the same time, make sure you sleep for 7 hours
- If you don't manage to fall asleep in the first 20' leave your bed and do something relaxing e.g. listen to music and go back when you feel tired
- Avoid heavy meals before sleeping or going to bed hungry.



How to establish a sleeping routine


- Limit naps during the day
- Include physical activity in your daily life
- If you experience difficult thoughts or worries, try to keep write them down in a notebook
- If you suffer from nightmares make sure you have an object next to you that once you wake up can bring you back to the present and make you feel that you are safe



Activity

Take some time to think of the following questions and then share with others

- What is a rest routine for you?
- Have you ever experienced any difficulty with your sleep? What are the most common sleeping difficulties you face or have faced in the past?
- What helped you or what is helping you?



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4.1.2

Rest routines applications and t

Objectives

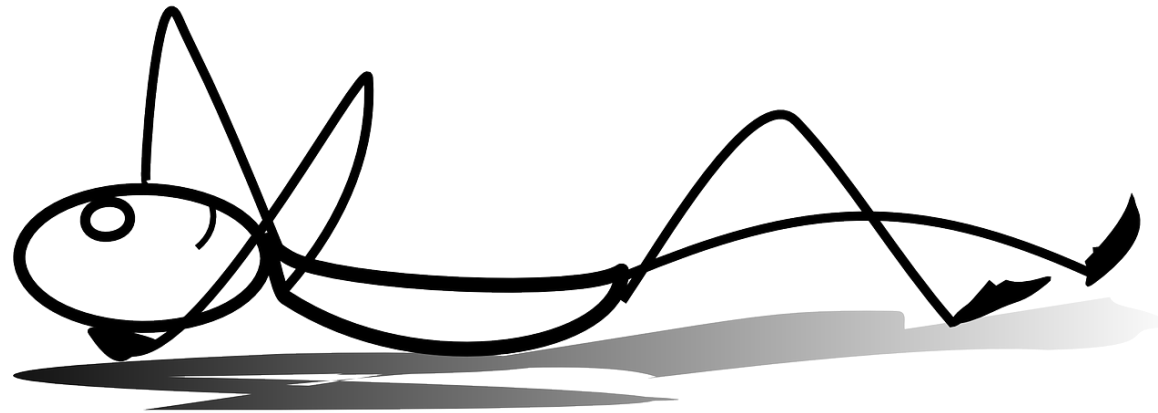
- To identify reasons for using Apps for rest routines.
- To become familiar with the most common types of Apps for rest routines.



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Description of Apps for rest routine

- Applications for rest routines are mobile applications designed and aiming to improve sleep and sleep quality
- With different features sleep applications can help users to establish sleep hygiene practices



Common characteristics of rest routine apps

- Sleep tracking and monitoring
- Record and analyze sounds, movements and behaviors during your sleep
- Personalized advice for improving sleep, including sleep hygiene education
- Relaxation activities and music that can help you relax and sleep smoothly, such as meditation or white noise



[Source](#) | [Pixabay license](#)



How they can contribute to improving a rest routine

- ✓ Improve sleep and sleep quality
- ✓ Track sleeping habits and provide personalized solutions
- ✓ Provide relaxation tools, which can be very helpful if you struggle with falling asleep or staying asleep during the night



Source | [Pixabay license](#)



Activity

- ✓ Have you ever used any sleep routine application?
- ✓ If yes, how was your experience? Was it helpful?
- ✓ Which were the advantages and the disadvantages of using a mobile application for improving sleeping quality?





4.1.3

Real life scenario

Objectives

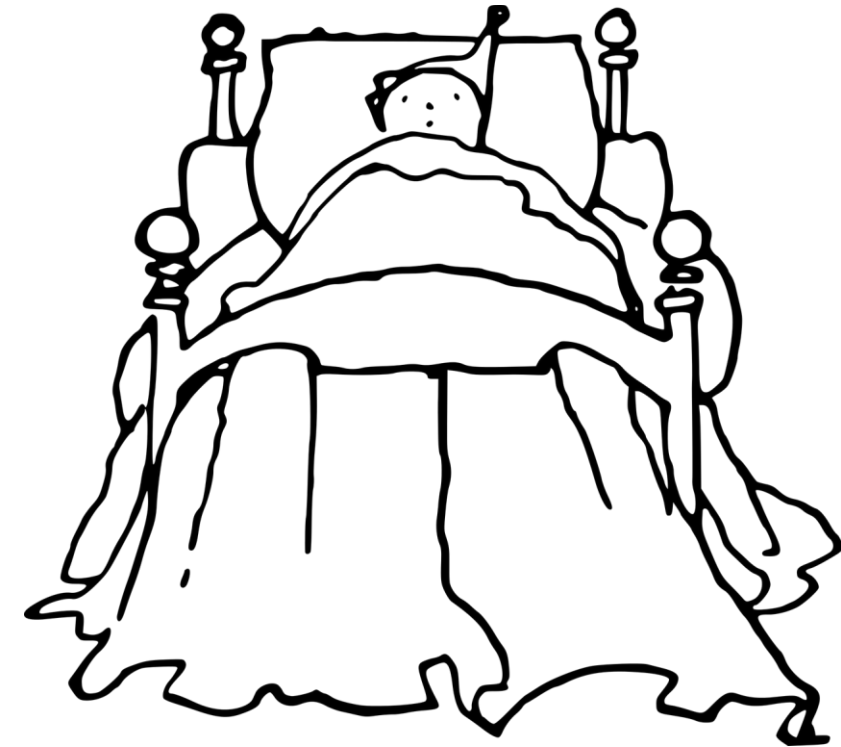
- To acknowledge the impact of rest routines on human health.
- To learn how to manage sleeping difficulties.



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Scenario 1

Abubakar is a 34-years old man married and has 2 children, aged 4 and 6 years old. He comes originally from Egypt and has lived in Greece for the last 20 years. He owns a small restaurant, which he runs mainly on his own and with his wife. He works a lot during the day, and he returns from work every day really exhausted. The last month he is reporting having difficulties with falling asleep at night. Specifically, he stays awake in his bed for 2 hours and tries to fall asleep, but he can't. Other than that, his wife told him that during the night he moves a lot in his sleep and seems worried.





6.1.4

Navigating Apps for rest routines

Objectives

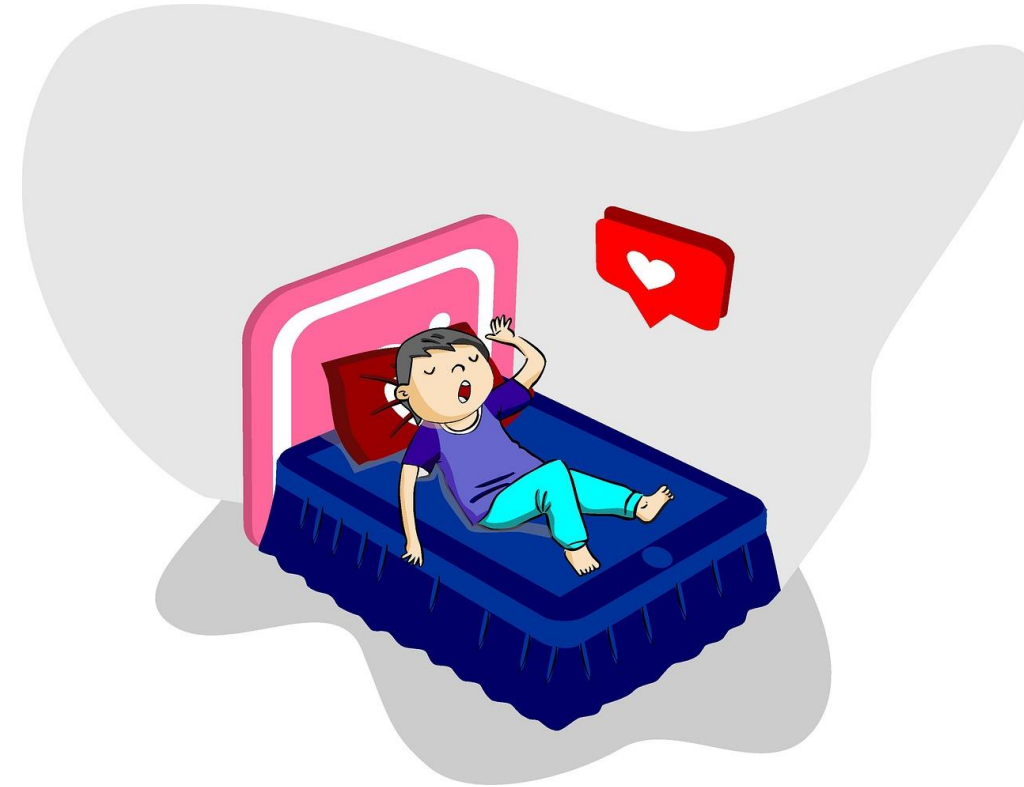
- To safely explore different apps for rest routines
- To get familiar with apps for rest routines



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Activity

- ✓ Split in groups of 4-5 people
- ✓ Go to AppStore or Play store
- ✓ Choose as a group one application and download it
- ✓ Explore its features
- ✓ Discuss the advantages and disadvantages





4.1.5

Discussion and Evaluation

Objectives

- To resolve and clarify misunderstandings that emerged from all previous theoretical information.
- To ensure in depth comprehension of the module's contents.
- To evaluate the module.



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To summarize... (1)

- How are rest routine apps used?
- Which are their most common application features and characteristics?
- Which are the benefits and the challenges of using them? Which could be the difficulties for integrating them in our daily life?



To summarize... (2)

- A sleeping routine includes the activities we usually perform before sleeping
- Among others, mobile applications designed for improving sleeping quality can support us in establishing a healthy and personalized sleeping routine
- Main characteristics of rest routine applications are monitor and sleep tracking, personalized sleep hygiene practices, relaxation activities and music, e.g. breathing techniques, white noises



Next steps...

- Self-assessment questions
- Interactive use of a specific rest routine
- Rest routine trial by trainees



Evaluation Questionnaire

The content of the module was stimulating and interesting *(1 minimum, 5 maximum)*

1

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4

5

The content of the module was clear, understandable and easy to follow *(1 minimum, 5 maximum)*

1

2

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4

5

The trainer was well prepared *(1 minimum, 5 maximum)*

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3

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5

Evaluation Questionnaire

The module enhanced my knowledge of the subject matter (1 minimum, 5 maximum)

1

2

3

4

5

I would recommend this module to others (1 minimum, 5 maximum)

1

2

3

4

5

I am satisfied with the module overall (1 minimum, 5 maximum)

1

2

3

4

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References, further Readings and Closure

- Mayo Clinic (2022). Sleep tips: 6 steps to better sleep. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>
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- Sleeping foundation (2023). Bedtime Routines for Adults. Retrieved from <https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>
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MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed the teaching
session of this module!

