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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 4 – Closing session (4.4)
Health Apps for Rest Routines





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Closing Session: Content

1. [Closing](#)

4 Health apps for rest routines



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](#)



1. Closing

Objectives

- To summarize the main lessons learned
- To share the experience of using a rest routine app
- To share practical challenges and ideas how to overcome this challenges



Activity: Take some minutes and write down...

- *What is a rest routine?*
- *How can I establish a rest routine and why is it important?*
- *How can I benefit from the use of a sleeping routine application?*
- *What are the drawbacks for using a sleeping routine application?*



Activity: Take some minutes and write down...

- *How was the experience of using a rest routine application?*
- *Can I integrate it in my daily routine?*

Whoever wants can share with the team!





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed this module!

