



# MIG-HEALTH APPS

## Mobile Health Apps for Migrants

## Experiential Training Activities

### ETA 4

### Health Apps for Rest Routines

#### Authors

Maria Mitsa, Prolepsis Institute

Nikole Papaevgeniou, Prolepsis Institute

POLIBIENESTAR  
UNIVERSITAT DE VALÈNCIA



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Strategy and Sustainable Results

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PROLEPSIS  
INSTITUTE



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# 1 About the Module

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## Objectives

This module aims to increase awareness in the migrant population on what is a rest routine and the importance of a rest routine. Particularly, participants will be able to identify main activities for establishing a rest routine and how rest routine applications can contribute to that. Furthermore, trainees will understand the main concepts related with Health Apps and how they can be useful for the migrant population. Other than that, they will develop digital skills and familiarise with the use of rest routine apps.

## Participants and roles

- Newcomer migrants; trainees.
- Migrants Peers; trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- Supports: trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

## Learning outcomes

- Trainees will be able to define what is a rest routine and why it is important
- Trainees will be able to explain how rest routine apps can benefit an establishment of a sleeping routine and improve the sleep in general
- Trainees will be familiar with and capable of navigating different rest routine app and integrate it in the daily life
- Discussions and critically evaluating current rest routines apps and its use.

## Training contents

- General information about rest routines
- Rest routines applications and their benefits
- Real Life Integrations
- Navigating Apps for rest routines
- Specific examples of Rest Routines Apps
- Quiz and Self-Assessment
- Discussion and Closure



## Estimated duration

- Teaching sessions: 2 hours
- Self-study supported by e-learning tools & Experiential training session: 2 hours
- Closing session: 30 minutes

## Resources

- Training materials:
  - ppt. for Teaching Session,
  - ppt. for Self-learning and Experiential training Session,
  - ppt. for Closing Session.
- Supporting educational materials: assignments, quizzes (multiple choice, true-false, matching exercise), questions & answers.
- e-Training Platform and App Training Tool.
- Health Apps: Examples of Rest Routines Health apps covering different areas and functions.
- Other: Complementary and further readings, videos (“YouTube”) contents and tools from existing projects.



## 2 Training Content

### 2.1 Teaching Session

Step and duration	Content
<p><b>4.1.1.</b></p> <p><b>General information about rest routines</b></p> <p>30 minutes</p>	<p>The trainer will define what is a rest routine and why it is important.</p> <p>This unit will highlight the following aspects:</p> <ul style="list-style-type: none"> <li>▪ Definition of a sleeping routine</li> <li>▪ Why is sleeping routine important?</li> <li>▪ Common sleeping difficulties in migrant population</li> <li>▪ How to establish a sleeping routine</li> <li>▪ Activity: the trainer will ask the participants what is a rest routine for them and what are the most common sleeping difficulties they face.</li> </ul> <p>Resources: PPT</p>
<p><b>4.1.2.</b></p> <p><b>Rest routines applications and their benefits</b></p> <p>25 minutes</p>	<p>The trainer will explain the rest routine apps and their benefits.</p> <p>This unit will highlight the following aspects:</p> <ul style="list-style-type: none"> <li>▪ Description of Apps for rest routine</li> <li>▪ Common characteristics of rest routine apps</li> <li>▪ How they can contribute in improving a rest routine</li> <li>▪ Activity: the trainer will ask the participants to share if they have already an experience by using rest routine apps and how it helped them or not</li> </ul> <p>Resources: PPT</p>



Step and duration	Content
<p><b>4.1.3.</b></p> <p><b>Real Life Integration Scenarios</b></p> <p>25 minutes</p>	<p>The trainer will give to participants one real-life scenario and situation how a rest routine apps can contribute to establishing a rest routine. Particularly:</p> <ul style="list-style-type: none"> <li>▪ Trainer will present a real-life scenario regarding common difficulties in sleeping or real life situations and working conditions that may affect a rest routine (e.g. insomnia, working in rotation shifts)</li> <li>▪ Participants will be divided in small groups and discuss how they could use a rest routine apps in this scenario as a support for establishing a sleeping routine</li> </ul> <p>Resources: PPT</p>
<p><b>4.1.4.</b></p> <p><b>Navigating Apps for rest routines</b></p> <p>20 minutes</p>	<p>In this unit participants will explore different apps for rest routines. Particularly:</p> <ul style="list-style-type: none"> <li>▪ Go through different apps</li> <li>▪ Discussing the different features of the apps</li> <li>▪ Discussing and critiquing different rest routines apps</li> <li>▪ Navigate through the app, download the app, explore its features and then discuss advantages and disadvantages</li> </ul> <p>Resources: PPT</p>
<p><b>4.1.5.</b></p> <p><b>Discussions, Evaluations and Closure</b></p> <p>20 minutes</p>	<p>In this unit the trainer will facilitate and coordinate a discussion with the participants about the use of rest routine apps, the benefits, the challenges, app features and characteristics, difficulties for integrating them in daily life or other ideas. By the end of the discussion will point out the key parts of the session and the conclusion and explain the following steps. Evaluation questionnaires will be also provided by the end.</p>



## 2.2 Experiential training session

Step and duration	Content
<p><b>4.2.1. Interactive use of rest routine apps</b></p> <p>1 hour</p>	<p>The trainer will ask the participants to engage in a rest routine app in a practical way. Particularly:</p> <ul style="list-style-type: none"> <li>▪ The trainer will explain in a detailed way a specific rest routine application, how it works, its feature and settings by using also relevant videos with instructions and print screens</li> <li>▪ Participants will need to download the application</li> <li>▪ The trainer will ask the participants to use a specific feature from a rest routine app (e.g. sleeping tracker, relaxing noises for falling asleep, tracking activities before going to bed) and then share their experience, lessons learned and challenged they faced by using this feature.</li> </ul> <p>Resources:</p> <ul style="list-style-type: none"> <li>▪ PPT</li> <li>▪ Online training platform</li> <li>▪ Communication tools available in the e-Training Platform</li> </ul>

## 2.3 Self-learning supported by online training tools

Step and duration	Content
<p><b>4.3.</b></p>	<p>The trainer will ask the learners to complete a Quiz in the e-Training Platform. The Quiz, consisting of multiple choice, true-false and matching exercise, will help the learners in</p>





<p><b>Quiz and Self-Assessment</b></p> <p>1 hour</p>	<p>assessing their understanding of the theoretical content of the teaching session.</p> <p>The trainers will check the completion of the quiz and will support each learner depending on their main gaps.</p> <p>Resources:</p> <ul style="list-style-type: none"> <li>▪ Quiz. Online Training Platform</li> <li>▪ Communication tools available in the e-Training Platform</li> </ul>
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## 2.4 Closure session

Step and duration	Content
<p><b>4.4.</b></p> <p><b>Closing</b></p> <p>30 minutes</p>	<p>This part includes a summary of main lessons learned from the training. Trainers can share their experience, which of the applications for rest routines helped them, which not and why. Furthermore they can share the practical challenged they may faced and what would be helpful to overcome these challenges.</p> <p>In which App participants felt more secure regarding their privacy?</p> <p>Resources</p> <ul style="list-style-type: none"> <li>▪ PPT</li> <li>▪ Online Training Platform</li> <li>▪ Communication tools available in the e-Training Platform</li> </ul>



### 3 Appendix - Nutrition Apps

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
Sleep Cycle: Sleep Tracker	Sleep Cycle AB	Greece	Free - In App purchases	<a href="https://play.google.com/store/apps/details?id=com.northcube.sleepcycle">https://play.google.com/store/apps/details?id=com.northcube.sleepcycle</a>		Sleep Cycle is a personal sleep tracker and smart alarm clock with a range of features (incl. snore recorder, sleep calculator and calming sounds) to help users get a good night's rest and wake up easier. Users will be in a better mood, and feel recharged and focused during the day. 72% of our users confirm their sleep quality has improved after using Sleep Cycle.
BetterSleep	Ipnos Software	Worldwide	Free - In App purchases	<a href="https://play.google.com/store/apps/details?id=ipnossoft.rma.free&amp;hl=en_CA&amp;gl=US&amp;af_js_web=true&amp;af_ss_ver=2_1_0&amp;pid=web&amp;c=web&amp;pli=1">https://play.google.com/store/apps/details?id=ipnossoft.rma.free&amp;hl=en_CA&amp;gl=US&amp;af_js_web=true&amp;af_ss_ver=2_1_0&amp;pid=web&amp;c=web&amp;pli=1</a>		BetterSleep helps you understand and improve your sleep with sleep tracking, premium sleep sounds and guided content curated just for you. It is recommended by leading doctors, neuropsychologists, and sleep experts. BetterSleep is also validated by millions of users around the world. 91% of our listeners say they slept better after using the app for just one week.