MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

1 2 3 4 5 6 7 8 9 10 11

Module 4 – Experiential Training session (4.2)
Health Apps for Rest Routines

Partners

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Experiential training session: Content

1. Interactive use of rest routines applications

2. Time for action!

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

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 i general

✓ Familiarization with and capability of navigating different re routine app and integrate it in the daily life

Image by vectorjuice on Freepik

4.2.1
Interactive use of rest routines appli

Objectives

- To explore a specific rest routine application in an inter

- To try in a practical way the features of the application

- To share experiences and lessons learned
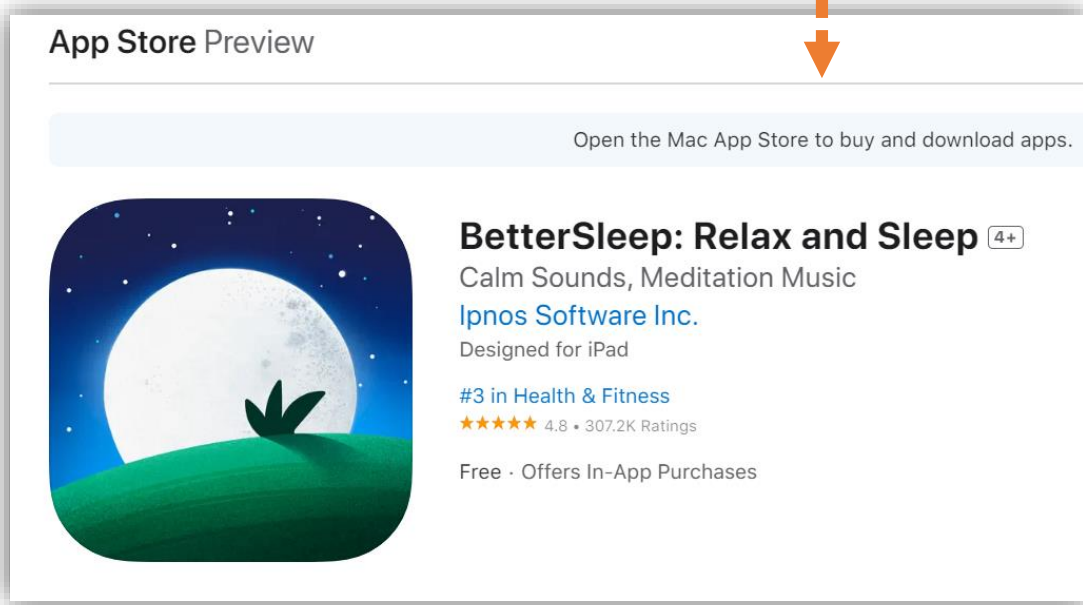
BetterSleep: The application we will explore in this module

App Store Preview

Open the Mac App Store to buy and download apps.

BetterSleep: Relax and Sleep 4+

Calm Sounds, Meditation Music

Ipnos Software Inc.

Designed for iPad

#3 in Health & Fitness

★★★★★ 4.8 • 307.2K Ratings

Free · Offers In-App Purchases
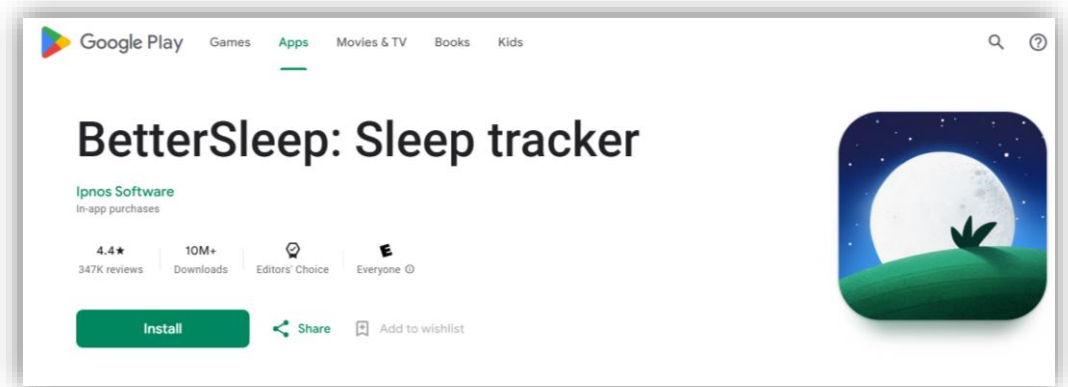
Google Play   Games   Apps   Movies & TV   Books   Kids

BetterSleep: Sleep tracker

Ipnos Software
In-app purchases

4.4★   10M+   Editors' Choice   E
347K reviews Downloads   Everyone ⓘ

Install   Share   Add to wishlist

Fing the app

✓ Go to Play Store (for Android) or AppStore (for IOS)

✓ Search the application by clicking: *Sleep Cycle: Sleep Tracker*

✓ Click install in order to download the application
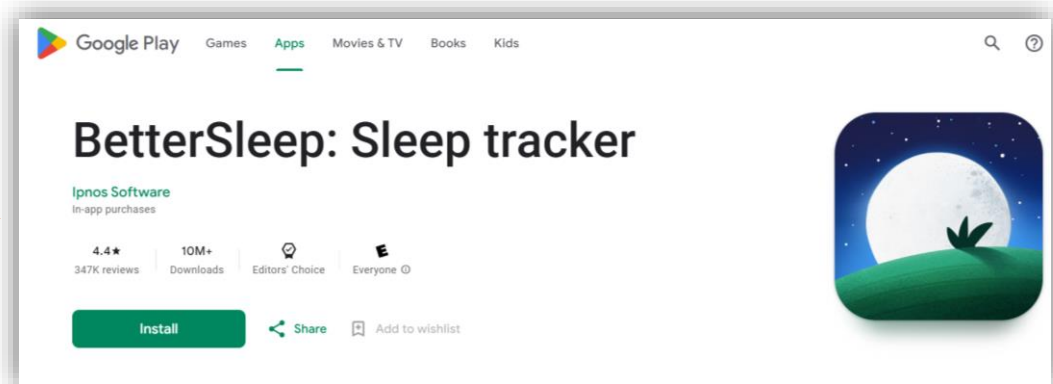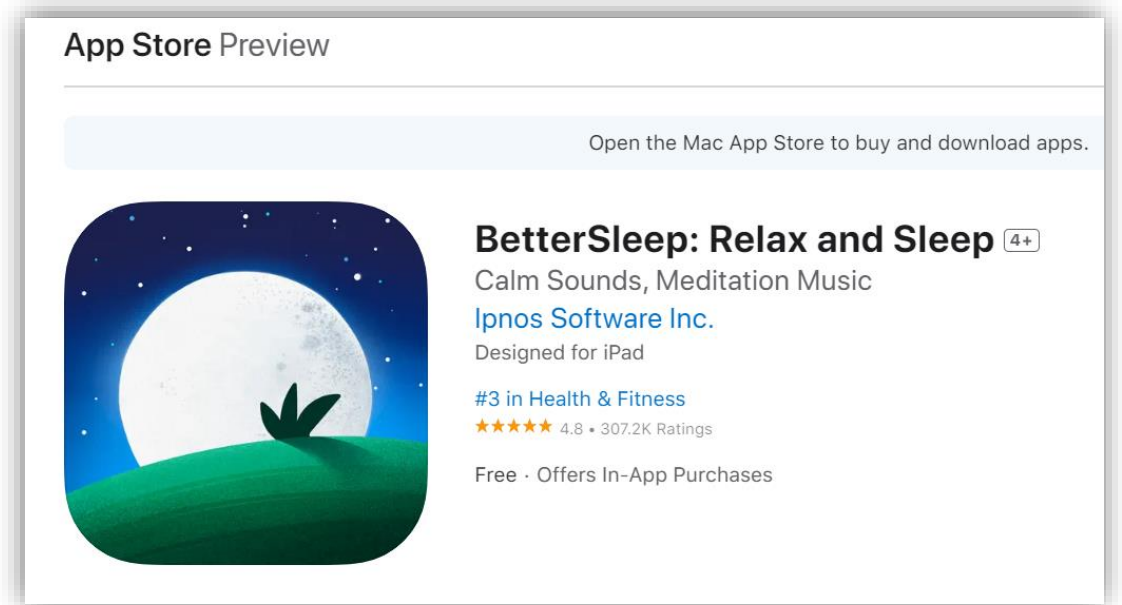
Better sleep app (1)

Better sleep application includes

✓ Sleep habits recording

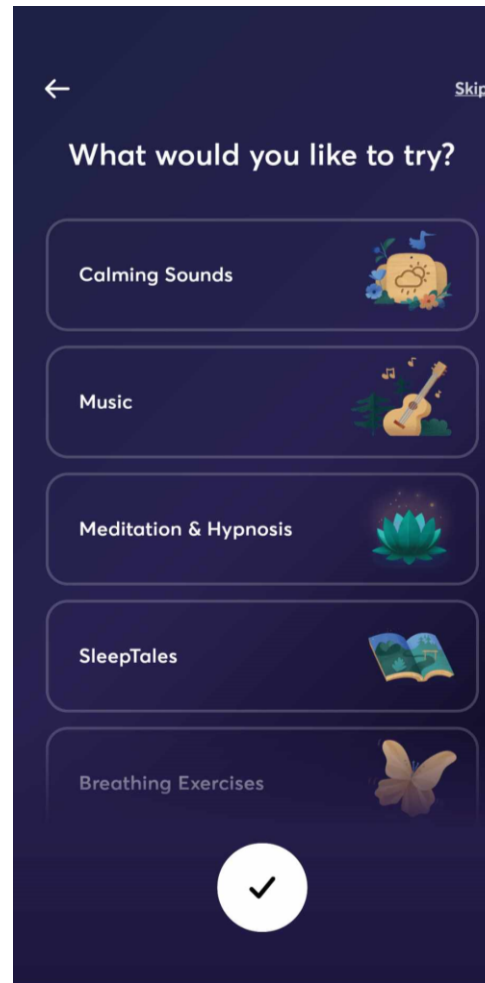✓ Music and sounds for relaxation
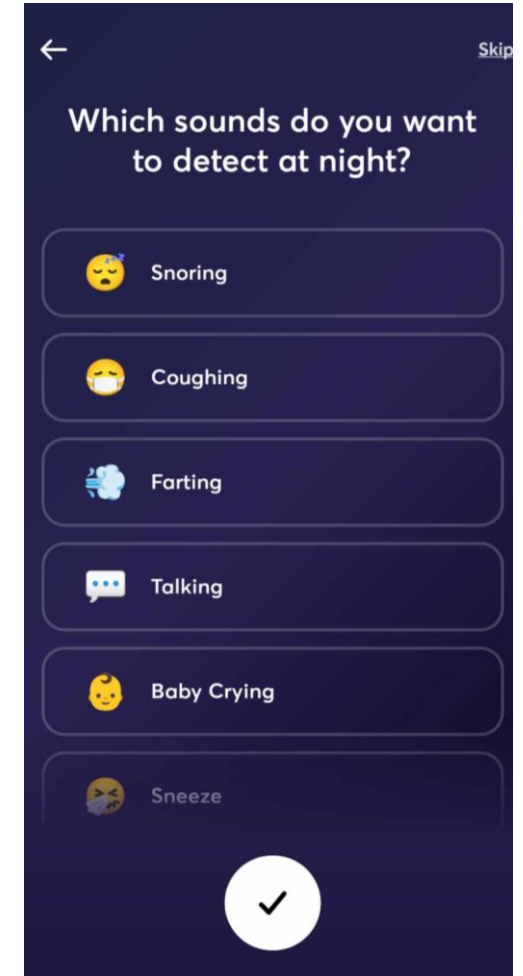
✓ Personalized advices for sleep

Better sleep app (2)

- *Let's start…*
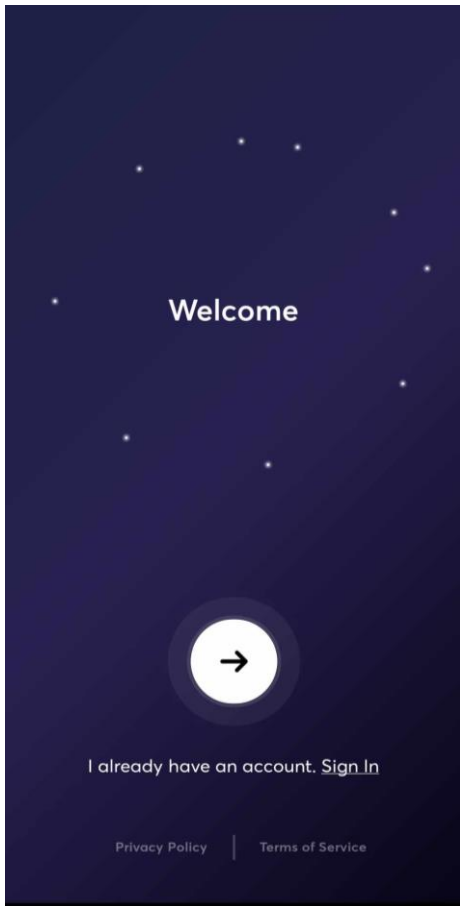
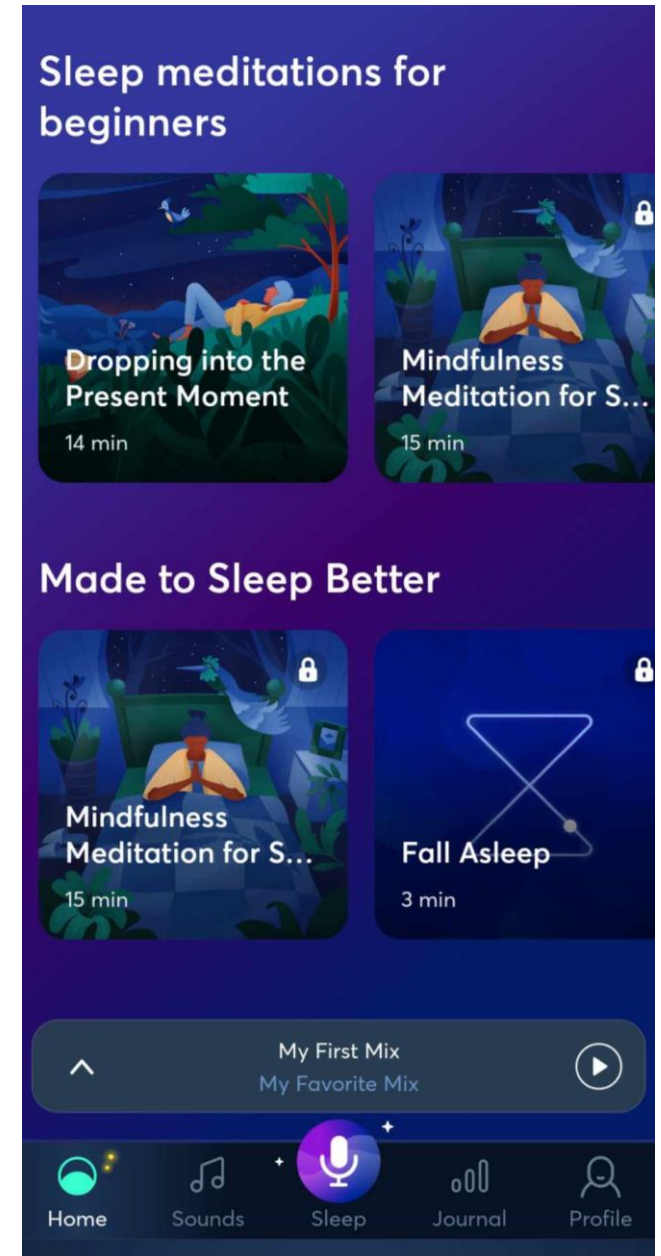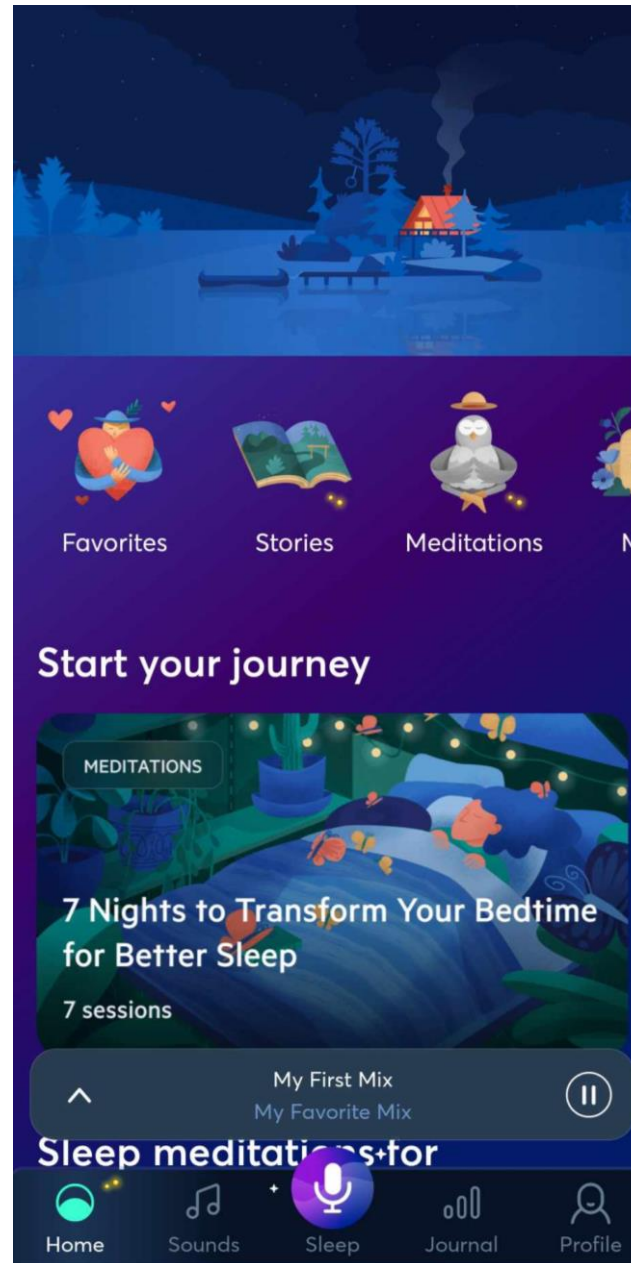*1. Type of sound that you would like to try*

2. Sleep sound habits detection

Better sleep app (3)

- Homepage: quick review of personal options and activities for sleep improvement

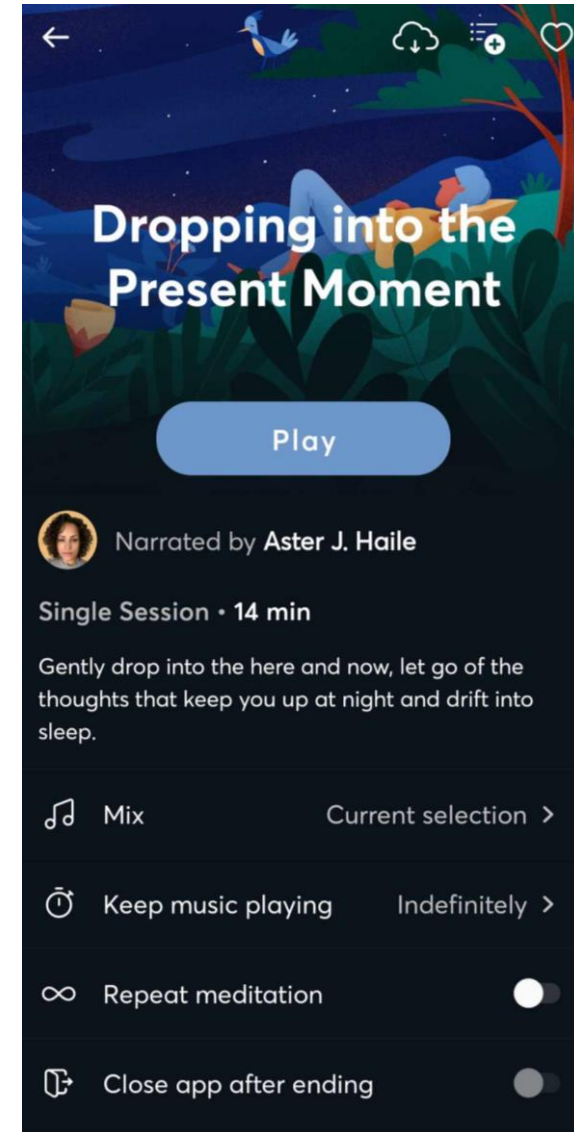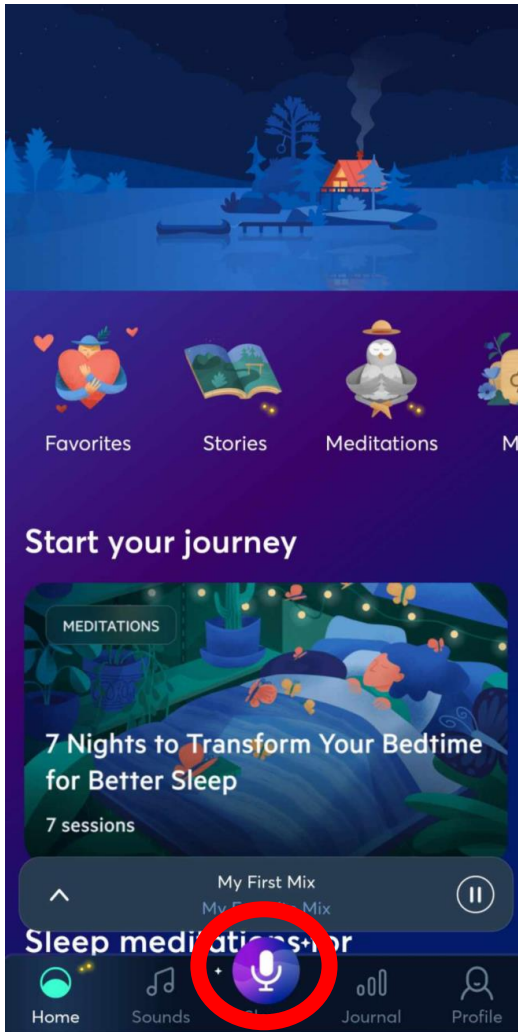*Let's explore the different features…*

Better sleep app (4)
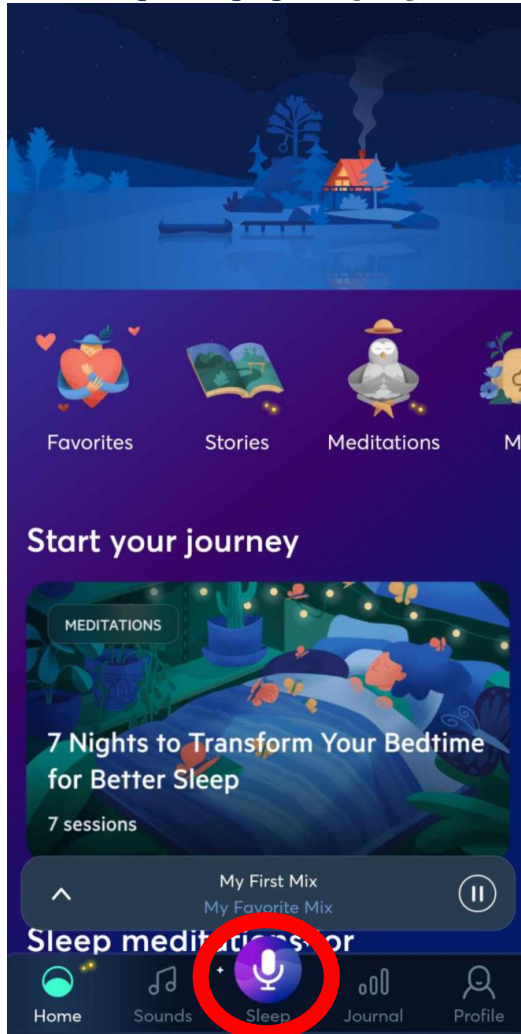
Choose different type of sounds or music for relaxing and falling asleep

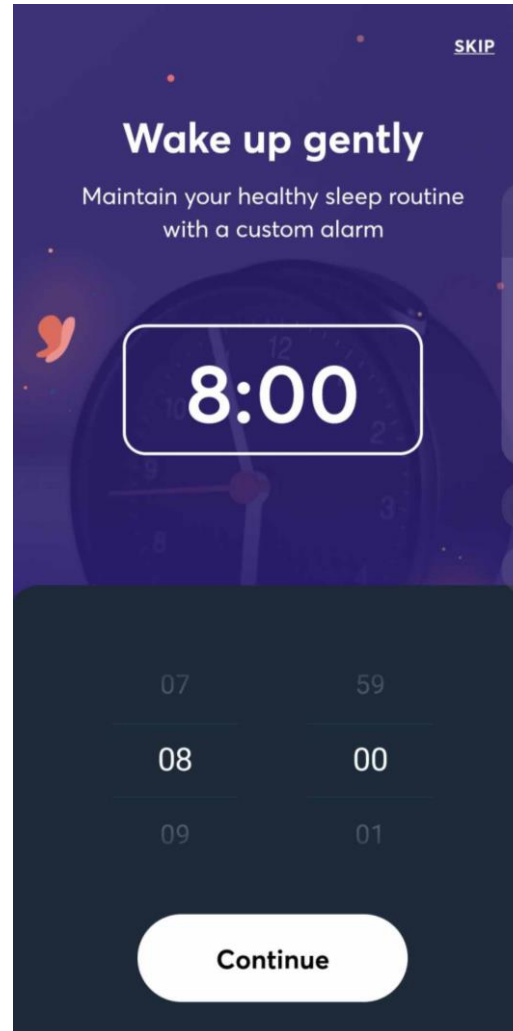- **Sounds**
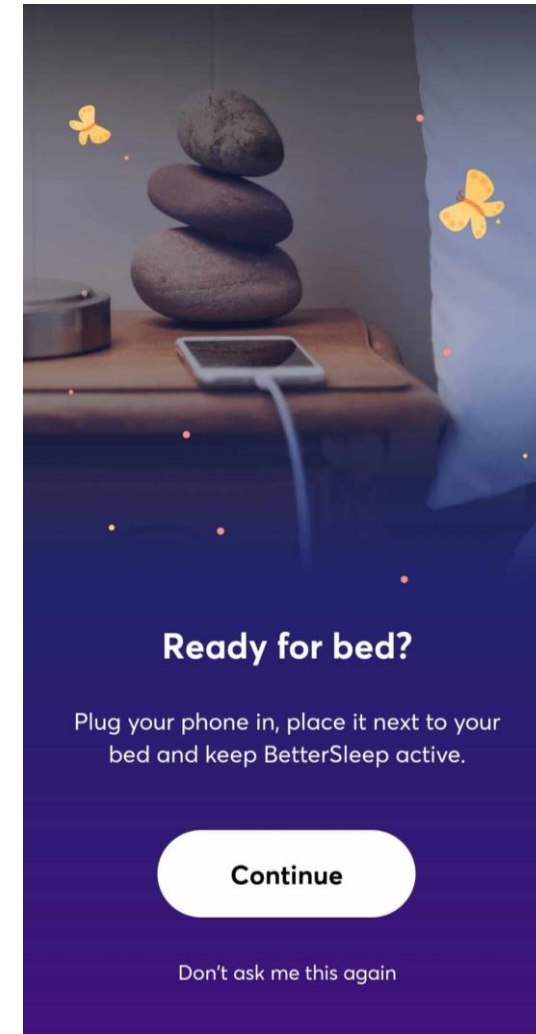
Better sleep app (5)

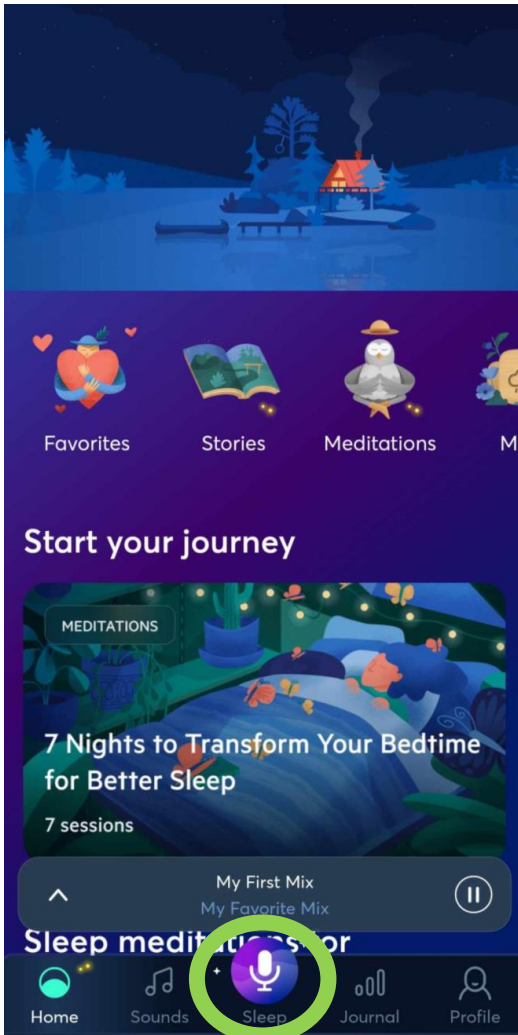- **Sleep**

1. Set up time of alarm

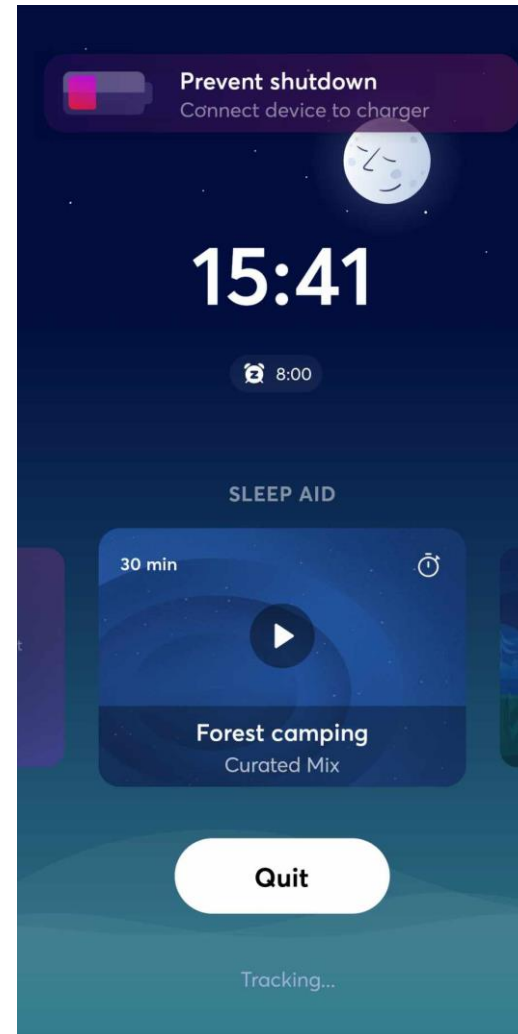*2. Connect your phone with charger*

Better sleep app (6)
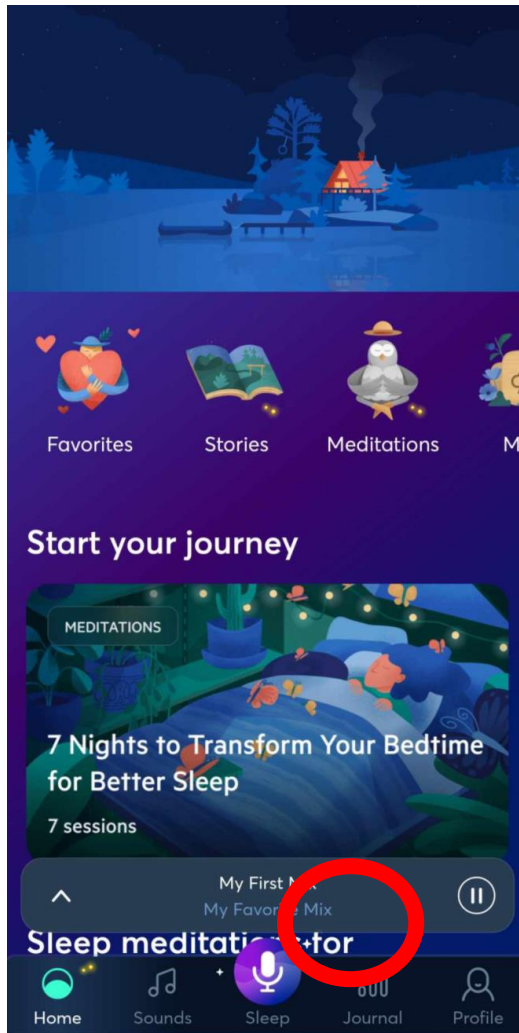
▪ **Sleep**

3. Start tracking your sleep

Extra: If you would like to have sound or music for falling asleep, you can choose it from the option sound (check previous slides), before setting the tracking
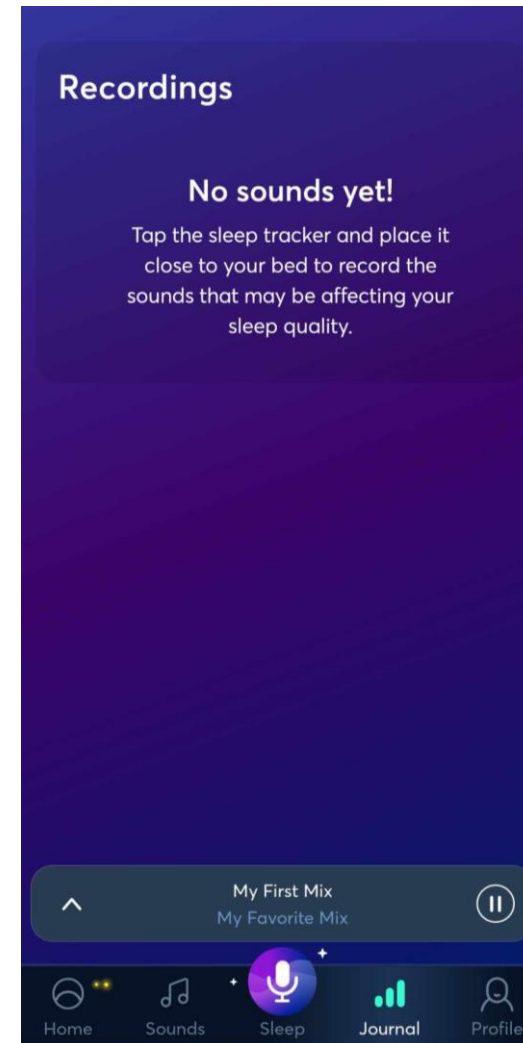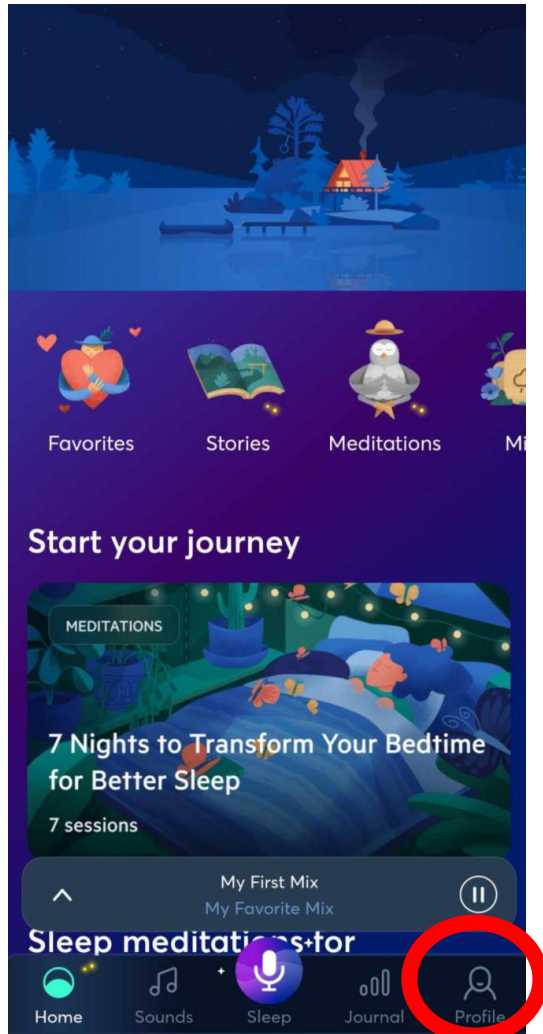
Better sleep app (7)

- **Journal**

In the journal you can find the archive of your sleep tracking, namely the recorded sounds that may affect your sleep
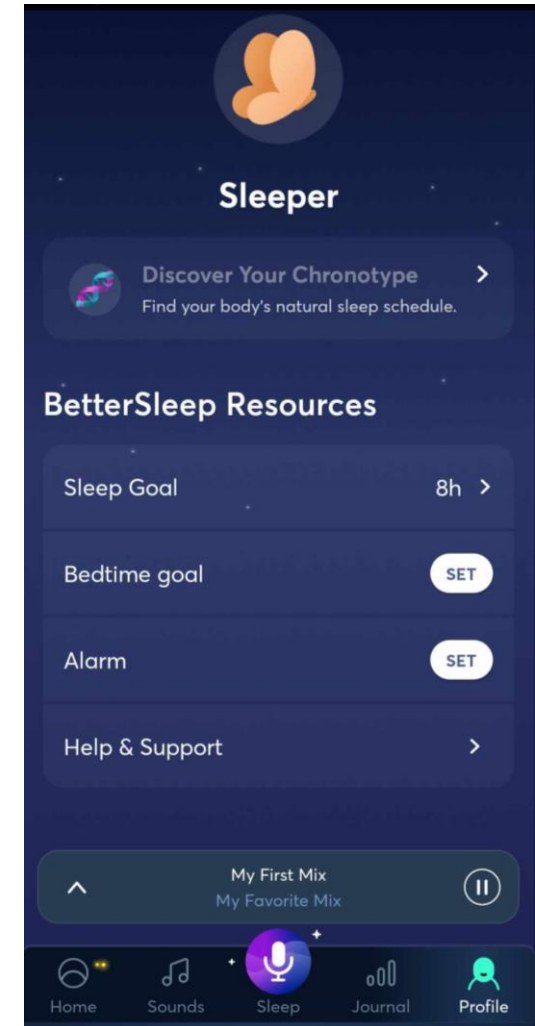
Better sleep app (8)

- **Profile**

Here you can find the summary of your sleep goals and modify them

BetterSleep app YouTube tutorial

Watch the tutorial

https://www.youtube.com/watch?v=5YbVnT7tafM

Activity: Time for action!

✓ Open the BetterSleep app

✓ Go to the option sounds and choose a specific sound or m
for relaxation

✓ Apply the session (most of the sessions have a duration of
15 minutes)

✓ After completing the session:

  ○ Share the experience

  ○ Lessons learned

  ○ Challenges or difficulties
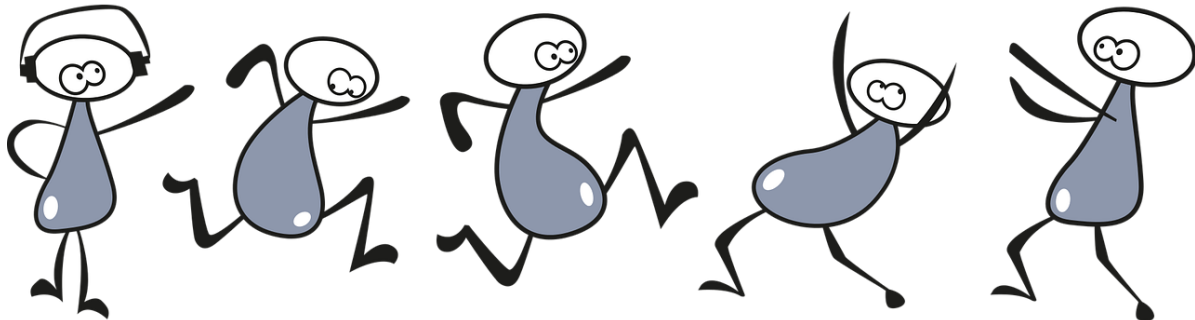
MIG-HEALTH APPS
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Congratulations!
You have completed this module!