

# Wake up it's Time for Sleep

- Become the European Sleep Expert  
of Tomorrow



eSleep\_dHealth



IPEMED



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**20.8.2024.**



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# The Fourth Steering Committee Meeting

*June 19<sup>th</sup> Reykjavik, Iceland*

The main goal was to overview project activities and progress and raise staff competencies for developing the Toolkit and defining steps for Social Innovation Incubator implementation. Gina Bilankov from NetHub and Goran Pažin from IPEMED presented a comprehensive document summarizing all past activities and those planned for the upcoming period. Additionally, the creation of the mid-report was announced, with a request for partner feedback in the forthcoming weeks once again emphasizing the importance of collaboration, which has been a cornerstone of the project from the beginning.



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# Second Short Staff Training in Reykjavik: Advancing the eSleep\_dHealth Project

*June 20<sup>th</sup> to June 21<sup>st</sup> Reykjavik, Iceland*

As a part of the eSleep\_dHealth project and the Work Package 3 Design of Social Innovation Toolkit for Digital Sleep Medicine, NetHub and Reykjavik University organized and coordinated the Second short staff learning and training on fostering the social innovation and Social Innovation Toolkit for Digital Literacy and Inclusive Digital Interventions in Sleep Medicine.



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# Second Short Staff Training in Reykjavik: Advancing the eSleep\_dHealth Project

Maja Čurković from NetHub delivered an engaging introductory lecture on innovation and social innovation incubators, setting the stage for the subsequent focus groups. Following this lecture, Marko Mimica presented UniStart, a student entrepreneurship program at the University of Split, as an example of social innovation incubator best practice.



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# Second Short Staff Training in Reykjavik: Advancing the eSleep\_dHealth Project

The focus groups, comprising students and professors, were instrumental in defining the collaborative steps necessary for the successful implementation of the incubator. The focus groups provided a unique opportunity to gain insights into the specific needs of students and the perspectives of professors on what the incubator should offer.



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## Second Short Staff Training in Reykjavik: Advancing the eSleep\_dHealth Project

- Students highlighted their requirements for practical, hands-on experiences and accessible resources that could support their learning and professional development.
- Professors shared their views on the essential components of the incubator, emphasizing the importance of structured guidance, innovative teaching methods, and tools that could enhance the learning experience.

The interactive sessions provided valuable insights and fostered a spirit of cooperation among all participants.



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# Open Educational Resources (OERs)

Partners also took advantage of this gathering to work intensively on the Open Educational Resources (OERs) by filming the video materials to ensure accessible, high-quality educational content.



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## Recording promo video



Recorded video serves not only to promote the Project's objectives and achievements but also to attract students to participate in the developed program.

The video highlights the innovation and impact of the Project, aiming to engage a broader audience of potential participants.



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# Innovative eSleep\_dHealth Curriculum Design Completed

The eSleep\_dHealth curriculum addresses the significant global burden of sleep disorders and their link to chronic conditions such as cardiovascular disease, type 2 diabetes, obesity, and mental health disorders.

By focusing on early detection and preventive interventions, the curriculum aims to reduce healthcare costs and improve overall health outcomes.

It emphasizes interdisciplinary expertise and innovation, integrating sleep medicine into the education of healthcare professionals, medical students, and those studying digital health and related technologies.

The curriculum fosters the development of creative and entrepreneurial mindsets by leveraging digital technologies to address unmet medical needs.



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Digital literacy enables up-to-date sleep medicine in inclusive healthcare

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Document: eSleep\_dHealth Curriculum

Developed by the University of Split (Activity 2.2. lead), E.C.H.R. Ltd. (NetHub), Reykjavik University, University of Crete, Mediterranean Economic Foresight Institute



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# Innovative eSleep\_dHealth Curriculum Design Completed

The curriculum employs open pedagogy, emphasizing learner agency, collaboration, and open educational resources (OER). This approach fosters inclusion and creates a sense of community among learners. The curriculum is organized into three modules:

- **Sleep Medicine – 6 ECTS (150 hours of student workload)**
- **Digital Health – 2 ECTS (54 hours of student workload)**
- **Entrepreneurship – 2 ECTS (54 hours of student workload)**

This curriculum provides students from various backgrounds with the knowledge and skills to identify and address unmet medical needs, create innovative solutions in digital health, and transform these ideas into viable businesses.



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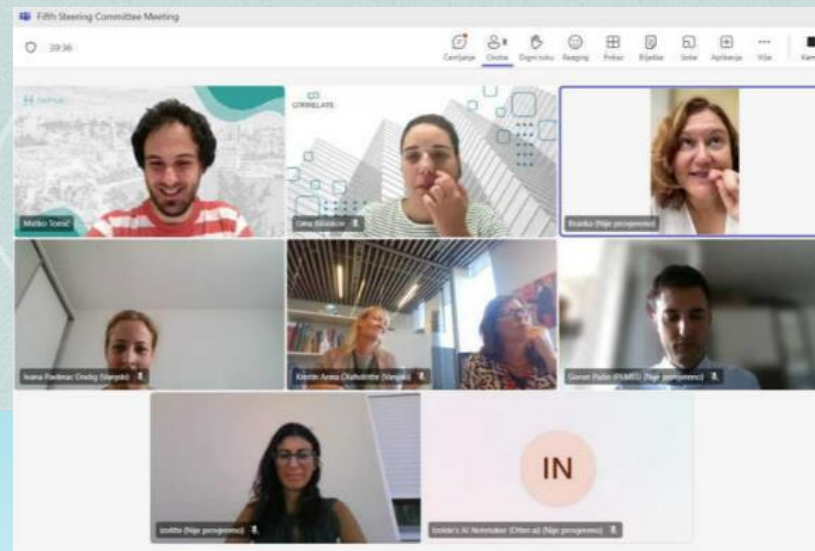


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# The Fifth Steering Committee Meeting

## August 20th online, Microsoft Teams

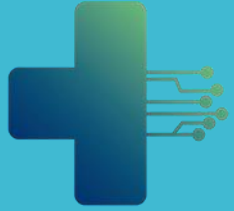
The Fifth Steering Committee Meeting was focused on the review of project activities, including those that have been implemented and upcoming ones. OER materials are under development, with University of Crete leading. The social innovation toolkit is being prepared, and implementation will start in January 2025. The meeting concluded with a discussion on creating a to-do list for upcoming tasks.



Activity name	Expected results	Responsible person	Status	Est. start	Est. end	Current status / Implementation plan
Project management	Project Manager (PM), Quality Manager (QM), and lead partners will be in charge of monitoring the progress, quality, and achievement of project activities. They will meet regularly every two months. For the progress, they will design the progress report template which will be submitted at the first meeting and will be submitted every three months.	Netelko	In progress	16.10.2023	15.10.2025	First, second and third progress report developed and uploaded on project cloud. Mid progress report (15.10.2023 - 31.7.2024) to be submitted to the Agency via Beneficiary Module until 15.9.2024, at latest.
Design of eSleep_dHealth Curriculum	Development of eSleep_dHealth Curriculum Realized and uploaded on the project web page.	UNIST	Done	16.10.2023	31.1.2024	The estimated end date of this activity has been delayed, as consented to the Agency. The eSleep_dHealth Curriculum is Realized and uploaded on the project web page.
First short staff training and training on design thinking and open pedagogy	12 participants trained in design thinking and open pedagogy; 12 European certificates issued.	Netelko	Done	26.10.2023	28.10.2023	Contribution of attendees uploaded on project cloud.
Design of eSleep_dHealth open educational resources	eSleep_dHealth open educational resources Realized and uploaded to the Moodle and on Teams platform.	UNIST	In progress	1.2.2024	30.9.2024	Draft examples of some activities for creating online course in development. The project partners are developing educational materials.



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## Upcoming project events

*October 2024.*

### **Sixth Steering Committee Meeting**

Microsoft Teams



**IPEMED**

*December 2024.*

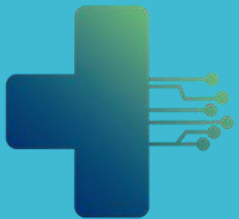
### **First Project conference**

IPEMED, Croatia



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[esleepdhealth.nethub.hr](https://esleepdhealth.nethub.hr)



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