

Wake up it's Time for Sleep

- Become the European Sleep Expert
of Tomorrow



eSleep_dHealth



HÁSKÓLINN Í REYKJAVÍK
REYKJAVIK UNIVERSITY



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ
UNIVERSITY OF CRETE



IPEMED



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20.8.2024.



eSleep_dHealth

eSleep_dHealth Curriculum Assessment

The curriculum assessment plan will guide ongoing improvement, through iterative adaptations following analysis of the student and mentor feedback enabling the programme to adjust quickly.



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eSleep_dHealth Curriculum Assessment

4 levels of Assessment:

Level 1: Learners' feedback/satisfaction
about the eSleep_dHealth training
programme

Level 2: Learning: The degree to which
participants acquire the intended knowledge,
skills, and attitudes

Level 3: Attitudes and behavioural changes
due to the training programme

Level 4: Results: The overall impact of the
new course on the organization or
individual's performance.



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New Video
Release: Dive into
the Vision of
eSleep_dHealth!

We are excited to announce that our promotional video for the eSleep_dHealth project is finally here!

*Filmed in Reykjavik, Iceland, during the **Second short staff training**, this video offers a glimpse into the mission, team, and goals of our work in advancing digital health solutions for sleep disorders.*



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The Sixth Steering Committee Meeting

The Sixth Steering Committee Meeting, Microsoft Teams, October

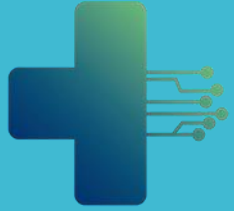
The Sixth Steering Committee Meeting was focused on:

- Review of project activities, (including those that have been implemented and upcoming ones)*
- Course implementation begins*
- OER materials are under development,*
- The social innovation toolkit is being prepared,*

The meeting concluded with a discussion on creating a to-do list for upcoming tasks.



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Upcoming project events



IPEMED

5th and 6th December 2024.

First Project conference

IPEMED, Croatia

17th December 2024.

Steering Committee Meeting

Microsoft Teams



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