

# Wake up it's Time for Sleep

- Become the European Sleep Expert of Tomorrow



eSleep\_dHealth



IPEMED

**20.2.2024.**



Co-funded by  
the European Union



eSleep\_dHealth

## First project conference

*The first eSleep\_dHealth project conference was held on December 5th at the University of Split's School of Medicine, as part of the HealthTech Adria conference. The event brought together over 100 participants, including experts from healthcare, technology, and academia.*



Co-funded by  
the European Union



eSleep\_dHealth

## First project conference

*The conference featured panel discussions on healthcare innovation, emphasizing the importance of connecting stakeholders and building regional innovation ecosystems. Topics included the underutilized potential of regional software agencies in digital health solutions and challenges like regulatory complexity and limited cooperation between sectors. Ivan Biliškov's lecture explored AI's role in healthcare transformation, while Krešimir Dolić discussed integrating innovative technologies into healthcare systems.*



Co-funded by  
the European Union



eSleep\_dHealth

## First project conference



*The keynote by Zoran Đogaš highlighted the importance of sleep medicine and its impact on public health. He presented the eSleep\_dHealth project, aiming to improve sleep diagnostics and treatments through advanced digital solutions.*

*The conference underscored the significance of interdisciplinary collaboration in addressing challenges in digital sleep medicine and empowered participants to shape the future of healthcare innovation.*

*The event promoted knowledge exchange and collaboration, strengthening the regional innovation ecosystem and advancing digital health initiatives.*



Co-funded by  
the European Union



eSleep\_dHealth

## Second project conference

*The second project conference for the eSleep\_dHealth project took place on January 14th, 2025, at Reykjavik University. Participants engaged in insightful presentations and interactive discussions, fostering collaboration and innovation in the field of digital health.*



Co-funded by  
the European Union



eSleep\_dHealth

# eSleep\_dHealth course officially started

*The eSleep\_dHealth course has officially started, marking a key milestone in the project. Over 12 weeks, students will engage in an interactive learning experience on Moodle, focusing on sleep medicine, digital health, and entrepreneurship. The course features weekly modules with open-access resources on the Educa platform.*



Co-funded by  
the European Union



eSleep\_dHealth

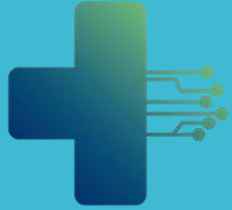
## eSleep\_dHealth course officially started

*Students from three partner universities will collaborate in interdisciplinary teams, guided by mentors.*

*The course includes two learning expeditions, where students will address the healthcare needs of the elderly. By the end, participants will gain valuable insights into digital health innovation and its application in sleep medicine, preparing them for future challenges in healthcare.*



Co-funded by  
the European Union



eSleep\_dHealth

## Upcoming project events

*February 2025.*

**Steering Committee Meeting**

Microsoft Teams



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ  
UNIVERSITY OF CRETE

*July 2025.*

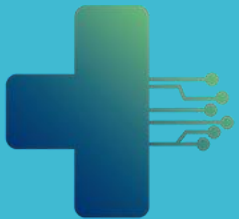
**Third project conference  
First learning expedition  
(innovation sprint)**

Greece



Co-funded by  
the European Union





eSleep\_dHealth



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



Co-funded by  
the European Union

20.8.2024.