

# Wake up it's Time for Sleep

*Transforming universities into hubs of  
social innovation in digital health*



eSleep\_dHealth



HÁSKÓLINN Í REYKJAVÍK  
REYKJAVIK UNIVERSITY



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ  
UNIVERSITY OF CRETE



IPEMED



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*October 2025.*

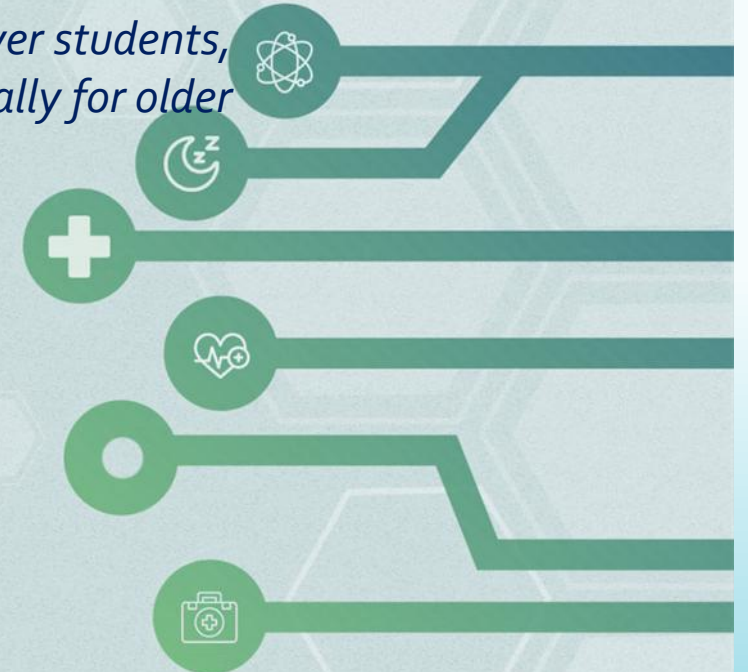


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## Project goals

- Connect universities and people
- Empower students with digital & innovation skills
- Bridge the digital divide for older adults

*"Our mission was simple: connect people, empower students, and bridge the digital gap in healthcare — especially for older adults."*



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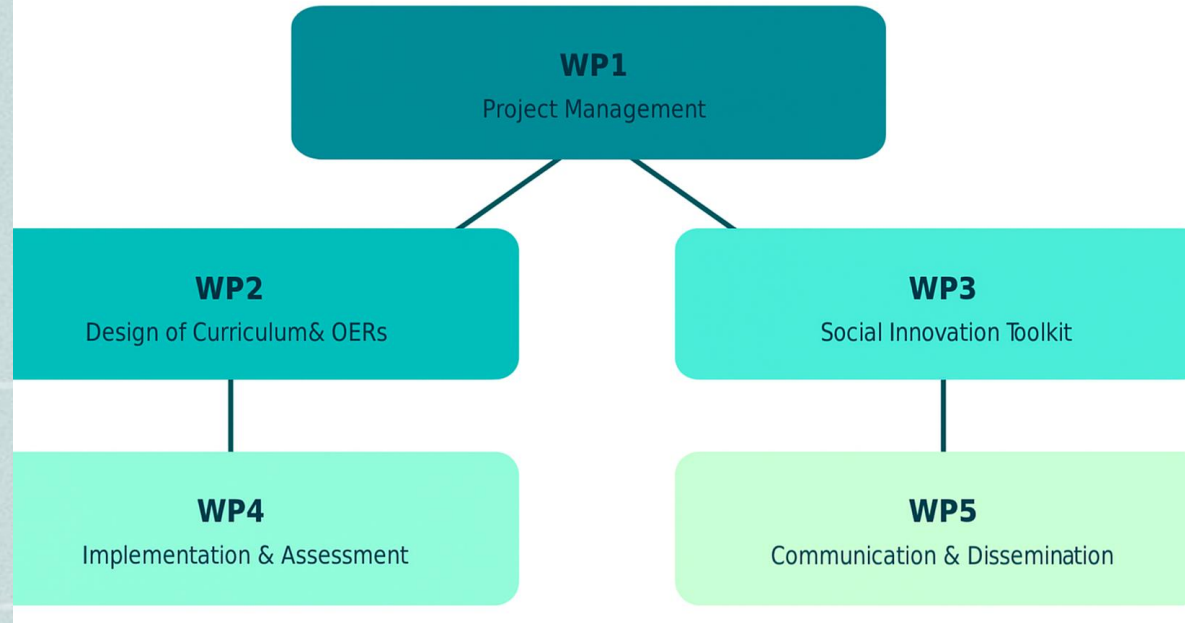


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## Project Work Packages

Our journey unfolded across five work packages — from designing the curriculum and crafting resources to sparking hands-on innovation and sharing our impact far and wide.

### eSleep\_dHealth Work Package Structure



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## Reflecting on Our Journey in Digital Sleep Health Education



The eSleep\_dHealth project successfully concluded after two years of collaboration, innovation, and learning. The initiative brought together leading European universities and organizations — the University of Split (Croatia), University of Crete (Greece), Reykjavik University (Iceland), IPEMED and NetHub (Croatia) — to co-create an interdisciplinary, open, and innovative educational program that merged sleep medicine, digital health, and entrepreneurship.



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# Kick-off and Steering Committee meeting in Split

## *Kick-off meeting & Early Development (Late 2023)*

The project began with a Kick-off and Steering Committee meeting in Split, where partners aligned on objectives, management plans, and dissemination strategies.



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# Kick-off and Steering Committee meeting in Split



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## First and Second Short Staff Training

A key step in developing the eSleep\_dHealth programme was building shared capacities through two staff trainings. The first focused on design thinking and open pedagogy to shape the curriculum. The second focused on innovation and social innovation incubators.

Students and professors collaboratively defined key elements and developed an implementation roadmap, laying the foundation for a practical and impactful incubator.



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## First and Second Short Staff Training

- Enhanced staff knowledge and skills in design thinking, open pedagogy, and social innovation
- Joint development of the eSleep\_dHealth Curriculum and OERs
- Exchange of best practices and collaborative work on incubator strategy
- Creation of a shared implementation roadmap for the Social Innovation Incubator



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## Creation of eSleep\_dHealth Curriculum

By mid-2024, partners had completed the design of the eSleep\_dHealth curriculum, structured into three modules:

- **Sleep Medicine (6 ECTS)**
- **Digital Health (2 ECTS)**
- **Entrepreneurship (2 ECTS)**

The curriculum was based on open education principles, promoting learner agency, flexibility, and interdisciplinary collaboration.



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## Media & Dissemination



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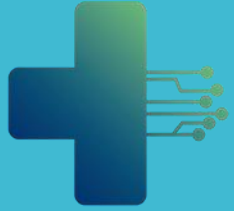
## Social Innovation Toolkit

We developed the Social Innovation Toolkit, a practical guide for universities to create social innovation incubators in digital sleep medicine. It covers key concepts, planning, and implementation, while remaining flexible for different themes and maximizing student engagement and impact.

- Provides step-by-step guidance for creating Social Innovation Incubators
- Covers core concepts, activity planning, and implementation stages
- Includes ready-to-use educational resources for students and mentors
- Flexible framework adaptable to a wide range of social innovation challenges



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## Course Launch

Built on previously developed curriculum, OERs, and Social Innovation Toolkit students work in interdisciplinary teams from all three partner universities, supported by dedicated mentors.

Students from partner universities collaborated in teams, accessed open educational resources, and participated in challenge-based activities focused on elderly care.



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## Learning Expedition in Crete

After completing the eSleep\_dHealth course modules, students took their learning into practice during the First Learning Expedition in Crete. International teams from Croatia, Greece, and Iceland tackled a real-world health challenge – increasing CPAP therapy compliance at home. Guided by experienced mentors, students applied Design Thinking method to develop solutions for older adults, focusing on the challenge. By the end of the week, teams presented their user-centered innovations to professors, showcasing creativity, collaboration, and practical problem-solving skills.



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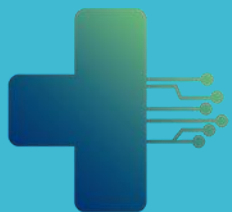


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# Learning Expedition in Crete



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## Social Innovation Incubator

### *Summer in Cloud & Second Learning Expedition*

Building on the hands-on experience from the First Learning Expedition, students continued their journey in the Social Innovation Incubator, structured in two parts.

**Summer in Cloud**, focused on exploring the challenge of raising awareness of sleep apnea. **Second Learning Expedition** brought students together in international teams to develop innovative, user-centered solutions based on their research. Using design thinking and guidance from mentors, teams transformed insights into practical solutions. The Incubator culminated in a Demo Day, where teams presented their projects, highlighting the power of education, collaboration, and innovation in addressing real healthcare challenges.



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# Social Innovation Incubator



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## Media & Dissemination

The promotional eSleep\_dHealth video, was released in October 2024, showcasing the project's mission, goals, and collaborative spirit. Throughout 2024, the team published regular newsletters (February, May, and August..), providing updates on activities, partner contributions, and progress toward milestones.



### Promotional eSleep\_dHealth video



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# Open Educational Resources

Accessible online educational materials,  
including:

- Written materials
- Videos
- PPT presentations
- Quizzes
- Assignments

Encourage self-directed learning and  
knowledge sharing



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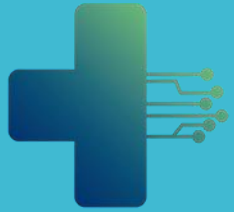
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## Project Impact

- Created an interdisciplinary curriculum bridging medicine, technology, and entrepreneurship.
- Fostered international collaboration and mobility among students and staff.
- Established a Social Innovation Incubator for ongoing digital health projects.
- Produced a range of open educational resources, toolkits, and multimedia content.
- Inspired a new generation of learners to co-create digital solutions improving sleep health.



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## Project Impact

The eSleep\_dHealth project demonstrated how innovative pedagogy, collaboration, and digital innovation could come together to address real public health challenges. Its outcomes continue to serve as a model for integrating digital transformation and health education across Europe.



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