



Workshops for Teams and Small Groups – Sleep for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a short / micro session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (<https://rise.articulate.com/share/6qWnbVGiBESUIKmITY3moV8Pc36XAuUs>) and complete the activities to gain knowledge, experience and skill in Sleep.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present short / micro small group session.
- Share QR code for post-session feedback to participants.



Level 2 - Leading a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in Sleep and leading a workshop on the topic with provided evidence-based materials.

Instructions:

- Review the module (<https://rise.articulate.com/share/6qWnbVGiBESUIKmiTY3moV8Pc36XAuUs>) and complete the activities to gain knowledge, experience and skill in Sleep.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o Reference document
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Sleep.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in Sleep or participation in a Sleep workshop

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the Sleep for your team’s health promotion.
 - o **Suggested topics:** Sleep for special circumstances such as night shift or while on-call. Promoting long term sleep habits, have participants track sleep hygiene changes and the effect it has on participants sleep.
 - Supplemental Handout
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Instructions – Renew Your Body: Sleep for Health Promotion

Session Description:

- This workshop is meant to encourage the acquisition of knowledge related to self-care interventions for the promotion of health using evidence-based resources and an informed facilitator.

Participants:

- Any healthcare worker

Session Materials:

Note - Facilitator will present on Sleep using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Sleep PPT, with presenter notes (Clinical)
- Renew Your Mind: Sleep Participant Handout (Clinical)
- Renew Your Mind: Sleep PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Sleep Participant Handout (Non-Clinical)

Session Outline:

1. **Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides
2. **Small group activity, participants will be split into small groups of 3-4.**
 - a. Participants will complete the Sleep Hygiene Self-Evaluation.
 - b. Small groups will respond to the debrief questions and generate ideas, strategies and tips for promoting better sleep hygiene among the team.



- c. Facilitators will walk amongst the groups and participate as needed.
 - d. Groups will be asked to take notes on their conclusions and choose a group leader to share with the large group.
- 3. **Large group activity**
 - a. Each group leader will take turns presenting the conclusions from their group with the large group.
- 4. **Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. Sleep is vital for both physical and mental health.
 - ii. Sleep hygiene strategies can be applied to improve the quality of your sleep.
 - iii. Brief napping can be used as a wellness tool.
 - c. Share and summarize group findings.