Sleep Radar

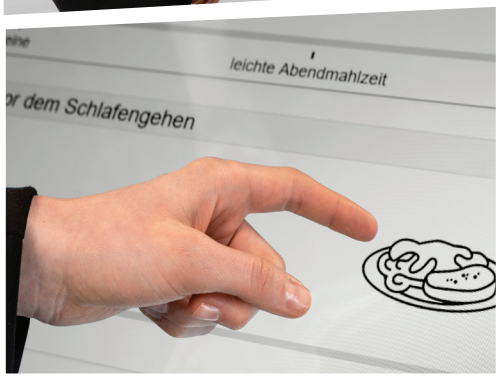
PREVENTION PRINCIPLE:
Prevention and detection of daytime sleepiness and health risks

SPECIFIC TARGETS:

Recognizing and raising awareness of important factors influencing sleep health and regeneration ability. Identifying individual potentials for optimizing the general conditions and prerequisites for healthy, natural and restful sleep (sleep hygiene).

CONTENTS:

- Determination of the daytime sleepiness index based on the ESS questionnaire
- Visualized, intuitive recording of individual habits and conditions in the context of sleep hygiene
- Evaluation by means of sleep radar diagram and output of software-supported recommendations
- Professional consultation with simulation (what if...?) and checklist for the implementation of individual intentions
- QR-Code: Results an recommendations digitally available



TIME REQUIRED:

20 minutes per person corresponding to 3 participants an hour

TECHNICAL REQUIREMENTS:

Space required: ≥ 6 m², Power socket: 230 V
Special note: barrier-free access required
Dimensions: : 130 x 75 x 100 cm (altitude, wide, length), weight 60 kg
different touchscreen sizes available

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BACKGROUND:

Restful sleep is the third pillar of health - next to regular exercise and health-conscious nutrition. Those who ensure sufficient sleep promote regeneration at night in order to get through the day healthy and fit. Conversely, lack of sleep significantly increases the health risk: in the long run, it leads to increased susceptibility to stress, reduced immune defence, weakened concentration and performance as well as an increased risk of accidents.

PROCESS:

The participants mark on the PC/notebook the habits and general conditions (symbolised by icons) typical for them as well as their probability of occurrence or assessment. In this way, all relevant information on sleep hygiene can be obtained very quickly and in a playful way. The health coach provides support as required.

RESULTS:

In the first step, the Daytime-Sleepiness-Index is evaluated as a reference value (actual condition) for further counselling. In the second step, the Sleep-Radar-Diagram provides an overview of the factors influencing sleep health, how they should be individually assessed and what potential for improvement can be derived from this. In the third step, the participants have the opportunity to have the effects of implementing individual recommendations shown to them by simulation and to receive them as a checklist. On the basis of this didactic procedure, the motivation and the formation of concrete intentions as well as their implementation for the promotion of sleep health are to be supported sustainably.

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