

Spain 2017: School of Nursing University of Murcia

Delegate: María Montserrat Sánchez Ortuño, School of Nursing University of Murcia, Spain

Affiliations: School of Nursing University of Murcia, Spain

Activity:

A group of professors and students from the school of Nursing at the University of Murcia (Spain) will be participating in a Health and Wellness expo event named EXPOMED SALUD-MEDITERRANEAN HEALTHY LIFE HALL AND FOOD AND ORGANIC PRODUCTS FAIR during the weekend March 17-19

(<http://www.ifepa.es/2017/01/27/expomed-salud-feria-de-la-vida-saludable-del-mediterraneo-del-10-al-12-de-marzo-de-2017>).

In our stand, we will display a poster we have elaborated highlighting the 10 commandments of sleep hygiene for adults.

Furthermore, at the event, we will conduct a research activity and explore people's knowledge about sleep hygiene practices with an ad hoc questionnaire we have also elaborated (Image attached). Depending on the participant's answers to the questionnaire, we will provide personalized education about specific sleep hygiene recommendations, aided by educational cards we have created. For instance, if the participant indicates in the questionnaire he/she didn't know that alcohol had a detrimental effect on sleep, we will use a card summarizing why and how alcohol impacts sleep. We plan to submit our educational cards as soon as we finish drafting them. Finally, we plan to contact local media to inform about our activity. We are excited to raise awareness about sleep and we think the opportunity to participate in this expo event will increase the reach of our activity.

During the whole weekend 17-19 March, a group of professors and students from the School of Nursing have participated in a Health and Wellness Fair in which we have conducted an activity aiming to raise awareness about a good sleep hygiene to promote healthy sleep. As planned, we did a survey among attendees asking about their knowledge about the 10 sleep hygiene practices included in the World Sleep Day toolkit (10 commandments). Whenever they indicated they didn't know the rationale for each commandments, we used educational cards to make participants understand how and why that recommendation had an impact on sleep. We are proud to inform that up to 200 people visiting the fair participated in our survey and received education about sleep

hygiene. Upon request, we can share our powerpoint slides that we used as educational cards and a summary of the results of our knowledge about sleep hygiene survey.

Location: IFEPA – Palacio de Ferias y Exposiciones de la Región de Murcia, Torrepacheco, Murcia, Spain

Date: From 17 to 19 March

Submitted by: María Montserrat Sánchez Ortuño

Short Bio: I am a full time professor at the school of Nursing in Spain. I have a PhD in psychology and I have collaborated in research studies about insomnia and sleep in general in the USA, Canada and France.



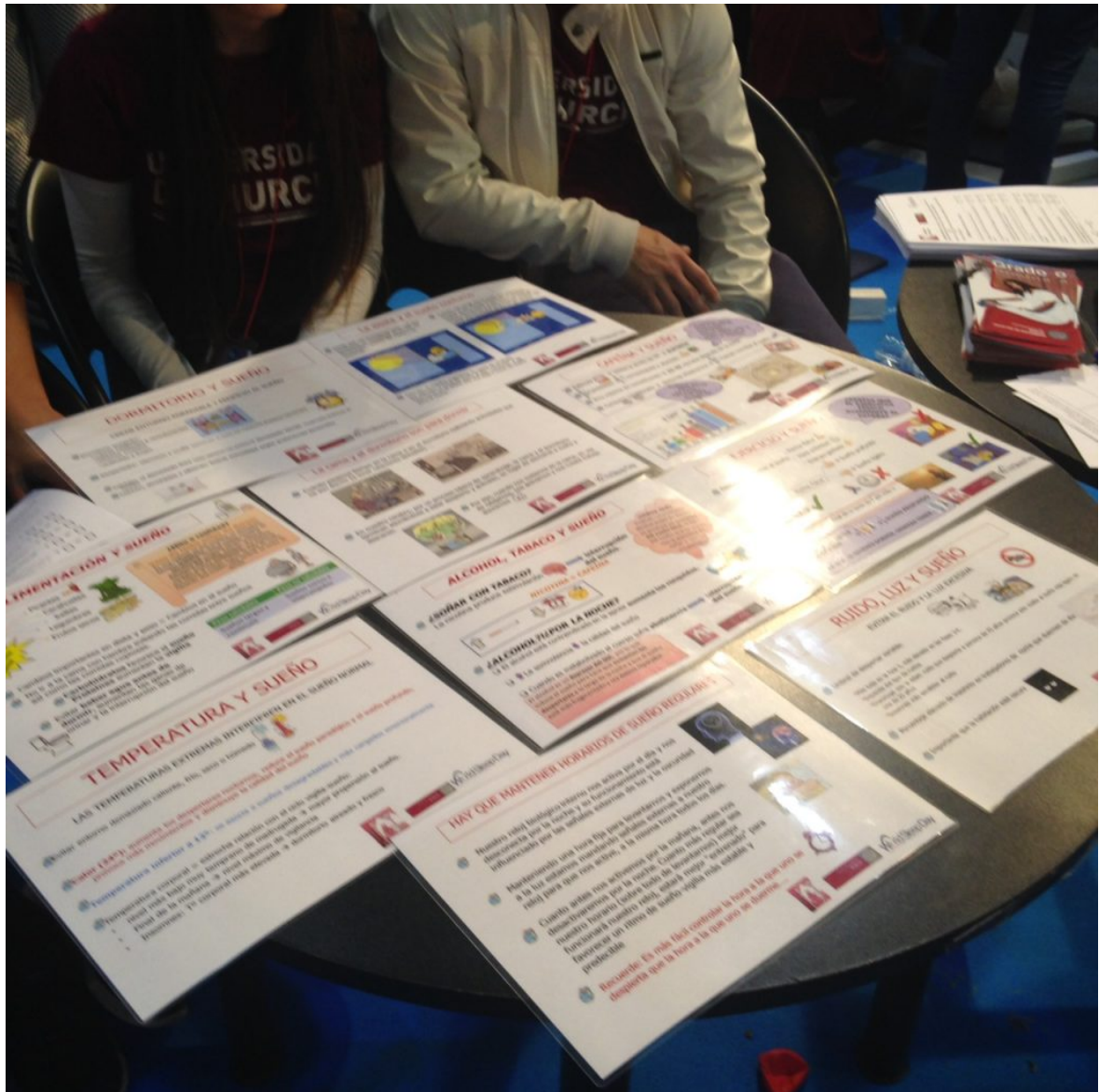


TORRE PACHECO · MURCIA
17 - 19 MARZO 2017

EXPOMED SALUD

SALÓN DE LA VIDA SALUDABLE
DEL MEDITERRANEO
FERIA DE ALIMENTACIÓN
Y PRODUCTOS ECOLÓGICOS **Eco Bio**
MEDITERRANEAN HEALTHY
LIFE HALL AND FOOD
AND ORGANIC PRODUCTS FAIR

**ifa*
pa**
Palacio de Ferias
y Exposiciones
de la Región
de Murcia





Facultad de
Enfermería



World Sleep Day
March 19, 2014 • World Sleep Day 2014

La **higiene del sueño** hace referencia a un conjunto de recomendaciones sobre el estilo de vida y aspectos ambientales del dormitorio que favorecen un sueño profundo y reparador.

Marque con una ☒ si conoce las recomendaciones relacionadas con la higiene del sueño que se enumeran a continuación:

¿Sabía que, para favorecer el sueño....

- | | | |
|---|-----------------------------|-----------------------------|
| 1. Hay que acostarse y levantarse todos los días a la misma hora? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2. Si realiza una siesta durante el día la duración de la misma debe ser inferior a 45 minutos? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3. Hay que evitar tomar alcohol en las 4 horas previas a irse a la cama, y tampoco fumar? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4. No debe tomarse nada en las 6 horas previas a irse a la cama (esto incluye café, té, chocolate, refrescos de burbujas de cola, naranja, limón, etc.)? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5. Hay que evitar alimentos de digestión pesada, picantes, o dulces 4 horas antes de ir a dormir. Y, si se siente con hambre antes de ir a la cama, sí que puede tomar un tentempié? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6. Es beneficioso hacer ejercicio de manera regular, <u>pero no inmediatamente antes de acostarse</u> ? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 7. El dormitorio debe ser un lugar confortable y acogedor? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 8. La temperatura del dormitorio debe ser agradable (inferior a 24 grados) y estar bien ventilado? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 9. La habitación debe ser lo más silenciosa y oscura posible? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |
| 10. Debe usar la habitación exclusivamente para dormir o mantener relaciones sexuales. <u>No debe utilizar</u> la habitación como lugar de ocio y/o trabajo (para ver la televisión, utilizar el móvil, ordenador, etc.)? | SÍ <input type="checkbox"/> | NO <input type="checkbox"/> |

¿Es usted una mujer ☐ o un hombre ☐ ?

¿Cuál es su edad?: _____ años

¿Cómo valoraría su nivel general de salud?

☐

EXCELENTE

☐

MUY BUENA

☐

BUENA

☐

REGULAR

☐

MALA

¡Gracias por contestar!



