

Category 4 Resource Development

Project Dreams

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Abstract

Project Dreams is a 4 member initiated project which aims to mitigate the pressing issue of sleep deprivation within teens. Through numerous resources which were developed, we hope to spread awareness about this issue so as to motivate teens try to obtain good quality sleep despite their busy schedules and bring about a positive impact on the society at large when it is further implemented at a national level.

1 INTRODUCTION

1.1 Objectives

Project Dreams aims to educate people about the importance of sleep, methods to obtain sleep and causes and consequences of sleep deprivation

1.2 Target Audience

The target audience is mainly Singaporean students aged 12 to 18 years of age

1.3 Rationale

This is because students nowadays have to grapple with heavy school schedules, and when coupled together with their excessive usage of digital devices, such as handphones, they will have to stay up late to study and complete their work. This group of teens also have to deal with hormonal fluctuations due to puberty, which causes them to naturally have a later sleeping time. Yet, the time they have to get up remains the same. This group of teens are therefore heavily affected by sleep deprivation and problems, hence it will be the most relevant and necessary for them since sleep is important for their growth especially during puberty

1.4 Resources Created

Our resources developed include a website, a mobile app, an instagram page and infographics.



proj_dreams

Following

4 posts 63 followers 196 following

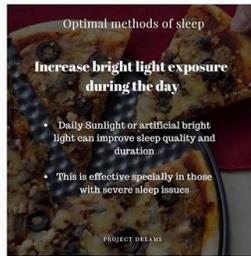
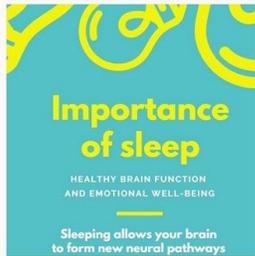
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Hi, we are a group of 4 secondary 3 students working on a resource package to spread awareness on the importance of sleep

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Project Dreams

A group of 4 Secondary 3 students working on Project dreams, aiming to empower students with the knowledge on how to get good quality sleep through resource packages.

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2 REVIEW

We have reviewed several scholarly articles and websites to substantiate the need for our project. Articles by BMC Public Health, Journal of American College Health, and Behavioural Medicine, ebooks such as Sleep and Breathing as well as news articles from Straits Times and Channel News Asia all show that the implications of poor quality sleep and the importance of sleep to students. However, all these resources lack convenience for users as users have to flip through many pages of long articles with monotonous designs which can bore users and lose their attention along the process of reading through and they have to forage through different sources in order to obtain all this information.



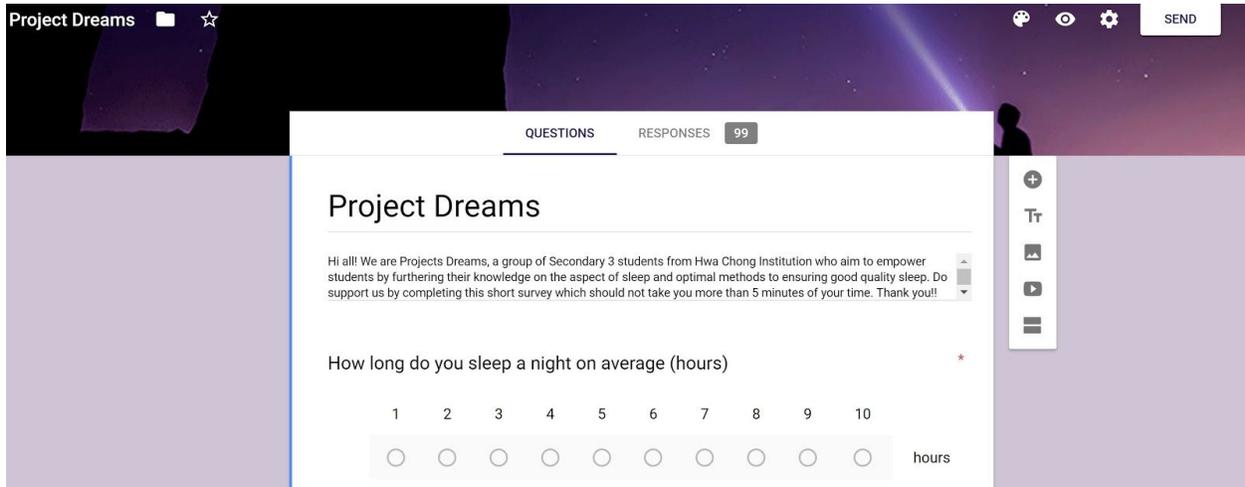
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METHODOLOGY

3.1 Needs Analysis

The needs analysis was mainly conducted through 2 methods. The first was through our literature review which was aforementioned in section 2 of this report. We evaluated existing resources which entail similar content to ours and sieved out the flaws within these resources which compels our target audience to avoid using these resources. The second method was through understanding views from our target audience. Through social media platforms such as Instagram and WhatsApp, we gathered about 100

students to complete the google form which we have created. This google form encompasses questions to understand what our target audience see as the biggest issue within their sleep deprivation.



The screenshot shows a Google Form titled "Project Dreams" with 99 responses. The form includes a header with the title and a introductory message: "Hi all! We are Projects Dreams, a group of Secondary 3 students from Hwa Chong Institution who aim to empower students by furthering their knowledge on the aspect of sleep and optimal methods to ensuring good quality sleep. Do support us by completing this short survey which should not take you more than 5 minutes of your time. Thank you!!". The main question is "How long do you sleep a night on average (hours)", with radio button options from 1 to 10 hours.

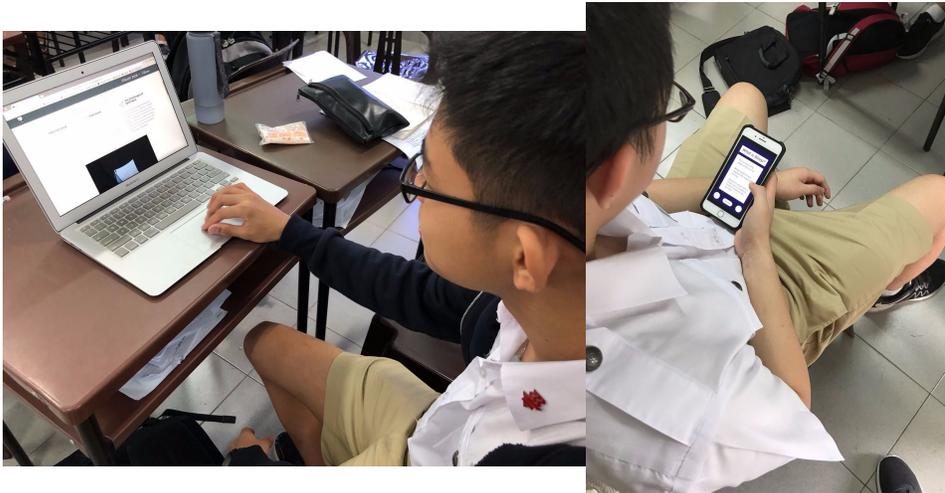
3.2 Development Of Resources

As mentioned earlier, our resources developed include a website, infographics, an instagram page and an app. Firstly, our main resource, the website, was constructed from scratch using mobirise website builder. Next, the app was developed using Adobe XD, which acts as a more convenient way of accessing the resources with the information being more concise to allow for easy absorption of these information. Finally, our instagram page and infographics go hand in hand. Social media serves as a vehicle for spread awareness about this project, and the page covers the infographics for those who prefer to access our information through social media and not download our app or find it too troublesome to access our website.



3.3 Pilot Test

The project team members went around HCI into different classes and allowed students of different levels to utilise our resources. We then gathered their feedback on our resources through their comments and also prompted them on the flaws of our project.



3.4 Pushing School's Starting Time Back

Our project team members decided to take this project a step further to push our school's starting time back to allow students to have more sleep. Firstly, we started a petition, which gathered more than 100 signatures at status quo, which signifies the support for our initiative from our fellow hwa chong students. Next, we suggested this initiative to the HSC to seek for their support in order to fulfil this goal.

3.5 Affirmation

Through emails, we managed to further ensure that the content is reliable and relevant through consultations from a certified sleep specialist. After reviewing our resource package, Dr Dennis Chua, who is a consultant for otolaryngology (ENT) from ENT Surgeons Medical Centre located in Mount Elizabeth Hospital complimented our website as "informative" and he also mentioned that he "like the look and feel of the

website”, hence showing that the website is both comprehensive and aesthetically pleasing.

4 OUTCOME & DISCUSSION

4.1 Outcome

The resources mentioned above were successfully developed, with generally positive feedback from our target audience. However, we have not managed to push back the school’s starting time as of now because the school management does not look favourably of it due to traffic jam concerns.

4.2 Limitations & Possible Further Works

Because of the lack of time and that this is a small scale project, we have not managed to promote this project to the whole of our target audience. The lack of funding has also prevented us from publishing the app onto the app stores.

As we continue to work on this project, we can further expound on our content covered in our resources through more research. We can also seek for sponsors who support the championing of such a cause to provide funding for us to implement this resources package on a greater scale and undertake partnerships with Non-Governmental Organisations who fight for such a cause to increase the awareness of our resource packages.

5 CONCLUSION

Adopting Project Dreams was never easier said than done. Throughout the course of developing this project, we stumped upon numerous challenges. Firstly, our lack of experience with regards to developing mobile applications and websites prevented us

from easily grasping the controls of our construction tools. Our needs analysis was also difficult to conduct due to the big audience which we had to gather feedback from. We had to continuously ask around for people to help us promote our project in order to fulfil the minimum requirement to cater to a variety of responses. Next, getting a sleep specialist to vet our project was a strenuous task since it required them to take time off their busy schedules to help a small scaled school project like ours for free. We had sent many emails to several medical institution but to no avail. Furthermore, getting approval from the school management was the most difficult and failed task that we tried to accomplish. Our project group tried to persuade for this change to come to fruition, but despite the overwhelming support that we had, the school management was staunch with their stance against such a policy.

In spite of these obstacles, this project was nonetheless a positive learning experience for our project group as a whole. Through the times where we burnt the midnight oil for research and development of our resources, the four of our members became much more close knitted. We have also learnt the value of teamwork and how to compromise with each other's desires. Besides this, the materialisation and implementation of this project allowed us to further realise the importance of sleep within youths and the impacts that good quality sleep can bring about to our target audience especially when they are going through drastic bodily changes due to puberty by the day. On the mission of creating resources which are most needed by our target audience, we also further developed the value of empathy within ourselves to step into the shoes of our target audience and try to relate with their innate needs.

6 ACKNOWLEDGEMENTS

We would like to acknowledge the following groups and individuals, without which, the project could not have been a success.

The doctors that we have consulted from, for their generosity in making the effort to take time off their schedules to offer us expert advice and evaluate our content.

Our target audience, for their enthusiastic involvement in surveys and pilot tests that we have rolled out

Our family and friends, for their continuous support and motivation to drive us to overcome the challenges that we encountered along the project and successfully complete the project.

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