

Group 4-011

Project Sleep Matters

Tan Jun Long
(202)(27)
Sean Yue (202)(25)
Nathanael
Goh(202)(21)
Tristan Tan (213)

ABSTRACT

Project Sleep Matters is a project which seeks to help students find better sleep in quantity and quality. We aim to do this through the use of brochures that contain infographics, which allows students to take in this information in bite-sized chunks so that they can absorb this information easily. These infographics are created by us and provide tips for better sleep quality. We also created a website so that students can easily access this information anywhere and anytime. Lastly, we also created a video as this provides an engaging alternative for students to absorb the information. In order to disseminate these resources, we created a Instagram page, @project.sleep.matters which helped us publicize the project. By posting these resources online, the tech savvy students would be more likely to browse through and absorb this information. All these resources altogether serve as a clear and concise guide to help students get sleep in the correct quantity and quality.

1 INTRODUCTION

1.1 Rationale

Students these days are lacking in sleep, often staying up late and burning the midnight oil to play games or complete homework. Worse still, many people have existing sleep disorders which affect their sleep on a near daily basis. When students have disrupted sleep, they do not reap the entire benefits of the process, which brings about many negative impacts. Hence it is important to maximise how much sleep they can get by following our project's resources to ensure they wake up bright and ready for school. There are also many existing resources that seek to lighten the workload and mitigate their handphone addictions, but there is a lack of resources that effectively tackle the problem of sleep disorders. Thus, our group places our focus on sleep disorders.

1.2 Objectives

Our project aims to provide students with better alternatives to the way they sleep daily. By following our resources that are easily accessible online, students can easily improve and maximise their sleeping habits to ensure having the best sleep.

1.3 Target Audience

Secondary students

People who lack sleep or wish to find better alternatives to improve their sleep

1.4 Resources

The resources we made are our

- Instagram page
- Website
- Interesting infographics

2 REVIEW

As compared to other resources such as Healthline and help guide on the Internet, our resources does not only focus on a single aspect of sleeping such as benefits of sleeping, better sleeping postures and problems that arise from sleeping. We found a website called Healthline that has a similar aim and methodology as us. However, their website was extremely wordy, which may discourage students from visiting the website as it is too time consuming. The website also has almost half of its screen covered with unrelated ads, which may distract and prevent students from absorbing the important points of the information. Our resources include several concise infographics that compiles information from different aspects of sleeping. These infographics are more engaging than other resources to help both students and parents absorb the information easily, and also has zero irrelevant ads to allow students to remain focused on our information. Furthermore, some resources use complex words and very in depth information that confuses many people and make it difficult for them to understand and hence many people may dislike such resources.

3 METHODOLOGY

3.1 Needs Analysis

A needs analysis was conducted to confirm the relevance of our project. Firstly, a survey was conducted to find out more about the knowledge secondary school students had about sleep as well as their sleeping habits. Our survey confirmed the relevance and need for our project. We also interviewed Dr Weng Cheu, a sleep expert, and he confirmed that our project was feasible and there were indeed many factors that affected sleep that we could help mitigate through our project.

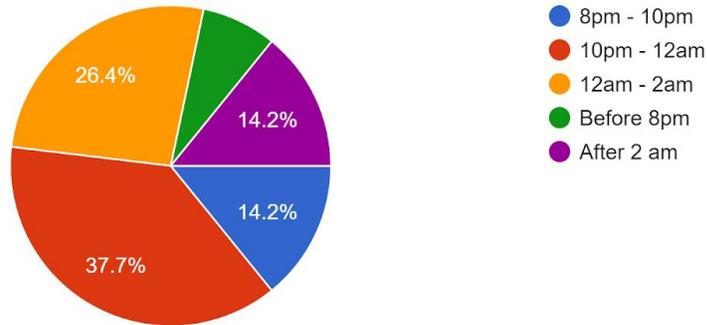
3.2 Survey Results

After we conducted the survey, we could see that a majority of the respondents slept at 12 am to 2am during weekends while students are sleeping at around 10pm to 12am on

weekdays. In fact, an overwhelming majority of people felt that existing sleep issues disrupted their sleep.

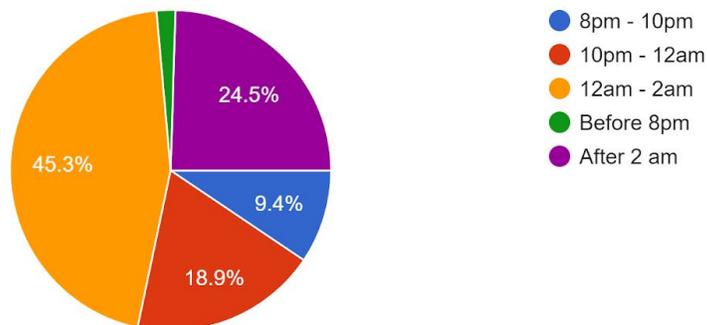
What time do you usually go to bed on weekdays?

106 responses



What time do you usually go to bed on weekends? (Friday-Sunday)

106 responses



3.3 Development of Resources

We conducted a review with many different websites online as well as reports that Dr Weng Cheu managed to share with us. After collecting our information, we consulted Dr Weng Cheu again to confirm the accuracy of our information. The verified information was then transferred and made more pleasing to the eye in our infographics, which we publicized through our Instagram account. We also collated the information to create a

website where anyone can read through and browse for information related to their sleep problems, and on this website we have videos we made that people can view.

Instagram Page:



<https://www.instagram.com/project.sleep.matters/>

Website:



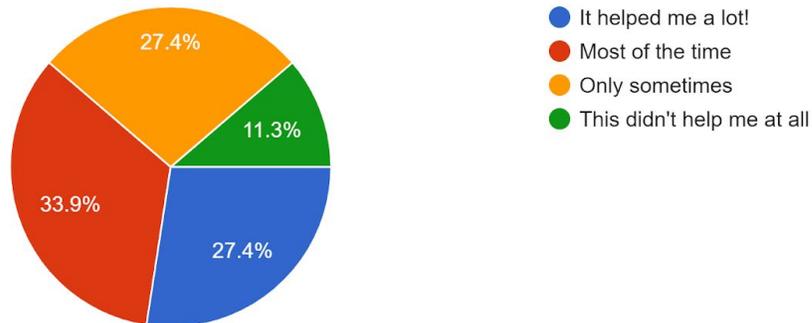
Hello! We are a group of students from Hwa Chong embarking on a project to help students sleep in quantity and quality! If you're not a student, don't scroll away! You can still apply these information in your life.

3.4 Pilot Test

After we created the resources, we needed to run a pilot test to see if our resources were useful and effective for our target audience and if it was simple and easy enough for them to understand. When asked if they felt our resources were simple and easy to use ,on a scale of 1 to 5, more than 70%(72.6%) of the responders voted 4 and above, proving that our resource was well liked and suitable for our target audience, the secondary school students. Furthermore, more than 50% of the responders said that the resources were useful and helped them with their sleep, which goes on to show the reliability and effectiveness of our resources.

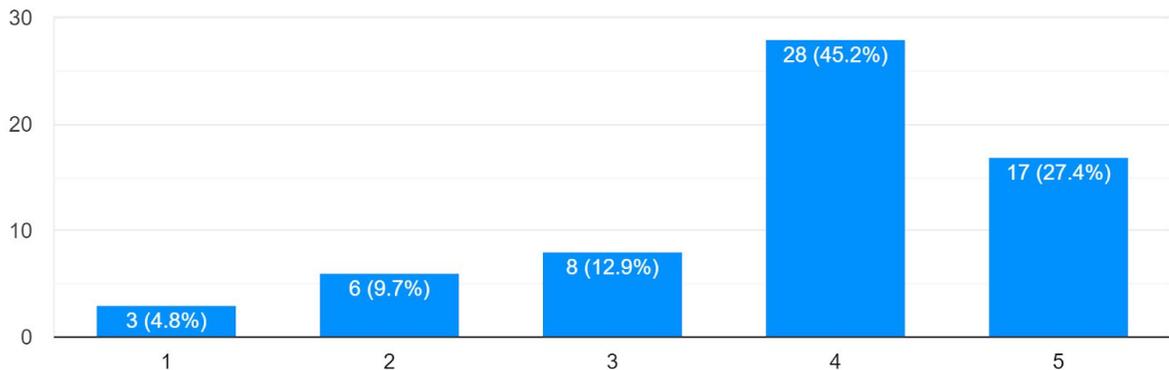
After utilizing the tips from our resources, has your quality of sleep improved?

62 responses



On a scale of 1-5, 5 being the best, how was the clarity of our Instagram and website?

62 responses



4 Outcome

From these results, we can see how many people who felt that the project was much needed in our society ultimately benefited as they managed to improve and maximise their sleeping quality after referring to our easily accessible online resources. Most of our target audience who complained of a lack of or bad sleep (Ranging from secondary students to elderly) before have now been able to get a good night's rest and feel recharged the next day as many of their bad sleeping habits that hindered the quality of their sleep were resolved and hence they could sleep well.

5 Conclusion

Project sleep matters has been a fun but difficult project as it required our constant brainstorming over what creative ideas we could bring forth, what infographics we could create and what information we could research. We put on our thinking caps and built upon creative ideas, honing our creative selves. A sense of humanness was instilled in us as we wished to be genuine with our project as we wished to help others. Hardwork and planning was crucial for the completion of our project. We were barred by several problems, ranging from having to study for exams to the proximity between our houses

which spent lots of time travelling, but none were able to bar us from reaching our ultimate motive, to provide people with a much required resource in the 21st century. Values such as perseverance and patience were just some of the many things we needed to push through and finish our project.

References

<https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>

<https://www.healthline.com/nutrition/17-tips-to-sleep-better>