# Sleep Hygiene Style Guide

Buttons

**Created by Lina Jurkunas** 

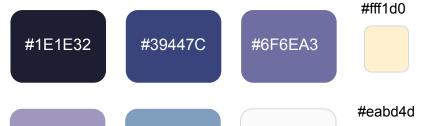
Fonts

Heading Font: Proxima Nova Semi-Bold

Text Font: Avenir

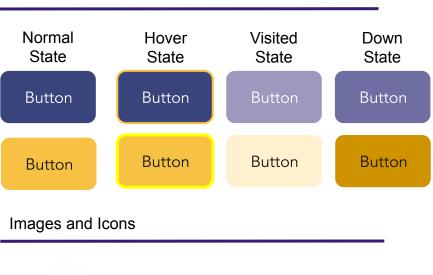
### Color Palette

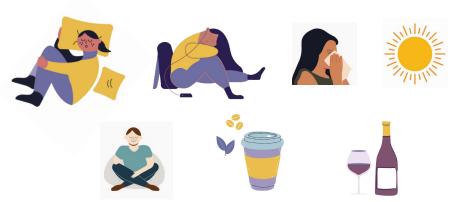
#9F97BE



#76A5C0

#809fbf





Project:	Visuals:	
Sweet Dreams: Fundamentals of Sleep Hygiene		Welcome to Sweet Dreams: Fundamentals of Sleep Hygiene
Slide: 1.1 Welcome		"The number of people who can survive on five hours of sleep or less without impairment, and rounded to a whole number, is Zero."  Dr. Roth of the Henry Ford Hospital  Begin
	Narration/Voi	ceover/Sound:
Navigation: Begin button to start the course.		f the Henry Ford Hospital said, "The number of people who can survive on five or less without impairment, and rounded to a whole number, is zero."  Strict or less without impairment, and rounded to a whole number, is zero."  In the Henry Ford Hospital said, "The number of people who can survive on five or less without impairment, and rounded to a whole number, is zero."  In the Henry Ford Hospital said, "The number of people who can survive on five or less without impairment, and rounded to a whole number, is zero." 
	Welcome to S	Sweet Dreams, Fundamentals of Sleep Hygiene.
	Animation:	gentle piano music. Title fades in after quote is read. The word ZERO grows in

Begin button appears after script is read.

size. OR spinning wheel of all kinds of numbers and stops on 00 when "zero" is read.

Sweet Dreams: Fundamentals of Sleep Hygiene  Slide: 1.2	Intro Welcome to Fundamental of Sleep Hygiene
Intro	Back Next
	Narration/Voiceover/Sound:
Navigation:	We have all heard that sleep is important and that we need more of it. But in our modern society we often find ourselves burning the candle at both ends leading us to exhaustion and
Click next button to move to next slide. Click go back button to return to previous slide.	burnout. So what can you do to not only catch more Zzs but sleep more soundly?

Visuals:

**Project:** 

**Animation:** Person working on laptop in bed appears at start of timelines. Picture fades to person in bed with covers over them at "exhaustion and burnout." Go back button appears at start of timeline. Next button appears after script is read.

Sweet Dreams: Fundamentals of Sleep Hygiene	Intro Welcome to Fundamental of Sleep Hygiene
	You will learn:
Slide: 1.3 What you'll learn	<ul> <li>Why we need sleep</li> <li>Common causes of poor sleep</li> <li>Ways to improve your sleep quality</li> </ul> Back Next
	Narration/Voiceover/Sound:
Navigation:	In this course, you'll learn why we need sleep, the common causes of poor sleep, and ways
Click next button to move to next slide. Click go back button to return to previous slide.	to improve your sleep quality. <pause> Let's start by making sure you have a basic understanding of why we need sleep and the negative consequences that come about when we don't get enough.</pause>

Visuals:

**Project:** 

**Animation:** Text appears when stated in the script: why we sleep, common cause of poor sleep, ways to enhance your sleep quality. Go back button appears at start of timeline. Next button appears after script is read.

Sweet Dreams: Fundamentals of Sleep Hygiene	Why We Need Sleep				
Slide: 2.1 Sleep Facts: Why We Need Sleep	Back				
	Narration/Voiceover/Sound:				
Navigation:	We - and all animals - sleep. In fact, we all need sleep even if you are convinced otherwise.  But why? In short, sleep improves our brains. When we sleep, the human brain produces				
Click next button to move to next slide. Click go back button to return to previous slide.	complex neurochemical baths which affect a lot of systems in our bodies.				

Sleep Facts

# Animation:

Visuals:

**Project:** 

Animation:

Animal sleeping icon fades in at start of timeline. Brain icon fades in at "human brain;" parts of brain light up as script is read.

Go back button appears at start of timeline. Next button appears after script is read.

visuais.		ed Sleep How many hours	of sleep do	adult humans r	need	
_		<ul><li>5 hours</li><li>6 hours</li></ul>	S	ي المالية		
	Back	o 8 hour	s			Submit
Narration/Voice	over/Soun	d:				
1	•	s "enough?" T	āke a g	uess at ho	w many	hours of sleep adult
	Narration/Voice How many hour	Sleep Fac Why We Ned	Sleep Facts Why We Need Sleep  How many hours each night?  5 hour 6 hour 7 hour 8 hour 8 hour  Narration/Voiceover/Sound:  How many hours of sleep is "enough?" T	Sleep Facts Why We Need Sleep  How many hours of sleep do each night?  o 5 hours o 6 hours o 7 hours o 8 hours Narration/Voiceover/Sound:  How many hours of sleep is "enough?" Take a g	Sleep Facts Why We Need Sleep  How many hours of sleep do adult humans reach night?  5 hours 6 hours 7 hours 8 hours 8 hours  Narration/Voiceover/Sound: How many hours of sleep is "enough?" Take a guess at ho	Sleep Facts Why We Need Sleep  How many hours of sleep do adult humans need each night?  o 5 hours o 6 hours o 7 hours o 8 hours  Narration/Voiceover/Sound:  How many hours of sleep is "enough?" Take a guess at how many

Visuals:

### Click submit button to check the answer. Click go back button to return to previous slide. Go back button appears at start of timeline. Submit button appears after script is read.

Project:

**Animation:** 

At "take a guess" multiple choice question appears.

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	Sleep Facts Why We Need Sleep		***	XI	1
		How mar each nigh		You got it.	ans need	
Slide:		0	6	Whether you want to believe it or not, adults need a minimum of 7 hours		
2.2.2 Sleep Facts: Why We Need Sleep (Correct Answer)		Back	8	of sleep each night.		Submit
	Narration/Voiced	over/Sound:				
Navigation: Drop down menu; learner guesses how many hours are required for adults.	[Correct answer]: of 7 hours of slee	That's right. Whe	ether	you want to b	elieve it or no	t, adults need a ı

back button to return to

previous slide.

minimum

# **Animation:** Click X button in pop up to move to the next slide. Click go If learner answers correctly, then "you got it" pop up box appears.

Sweet Dreams: Fundamentals of Sleep Hygiene	Sleep Facts Why We Need Sleep  How many heach night?  Surprise!  ans need	
Slide:  2.2.3 Sleep Facts: Why We Need Sleep (Incorrect Answer)	Although you might not want to believe it, adults actually need a minimum of <u>7 hours</u> of sleep each night.  Back  Submit	
	Narration/Voiceover/Sound:	
Navigation: Drop down menu; learner guesses how many hours are required for adults.	[Incorrect answer]: Although you might not want to believe it, adults need a minimum of 7 hours of sleep each night.	
<b></b>		

Visuals:

### **Animation:** Click next button to move to next slide. Click go back button If learner answers incorrectly, then "surprise" pop up box appears. to return to previous slide.

Project:

Sweet Dreams: Fundamentals of Sleep Hygiene	Negative Effects of Sleep Deprivation
	Decrease in capacity to learn  More prone to getting sick Increased risk of car accidents
Slide:	Decrease in emotional stability Increased risk of heart Less attractive appearance
2.3	
Sleep Facts: Negative Effects of Sleep Deprivation	If you are sleeping only 5 hours a night, you are 4x more likely to catch a cold and a flu shot is 50% less effective.  Next
	Narration/Voiceover/Sound:
Navigation:	When we don't get enough sleep, our bodies are negatively affected.
Learner drags each description to its matching consequence.	Match each statistic about sleep deprivation to its negative consequence. If you need help, check what's under the resources button.

**Sleep Facts** 

Visuals:

**Project:** 

Click next button to move to next slide. Click go back button

to return to previous slide.

consequence and reveals all info.

**Animation:** List of negative consequences appears at start of timeline in columns at both sides of frame along with stack of description cards. Go back button appears at start of timeline. Next button appears after learner clicks each

Sweet Dreams: Fundamentals of Sleep Hygiene  Slide: 3.1 The Culprits: Common Causes of Poor Sleep	Common Causes of Poor Sleep  Back  Next
	Narration/Voiceover/Sound:
Navigation:	In the digital age that we live in, it can be hard to unplug.  So we reach for things like caffeine to keep us going and alcohol to help us wind down. But
Click next button to move to next slide. Click go back button to return to previous slide.	do you realize the impact of your daily habits on your sleep?

The Culprits

Visuals:

**Project:** 

**Animation:** Image of laptop on bed appears at start of timeline. Caffeine icon appears when speaker says "caffeine," and alcohol icon appears after speaker says "alcohol." Go back button appears at start of timeline. Next button appears after script is read.

Sweet Dreams: Fundamentals	Common Causes of Poor Sleep
of Sleep Hygiene	Blue light from devices  Phones, Tablets, and Laptops
	Long work hours  Your nighttime reading on your phone, tablet or laptop emits blue light straight to
Slide:	Stigma St
3.2	Alcohol  Alcohol  Healthy onset of your sleep.  Blue light decreases  melatonin by 50% and
The Culprits: Common Causes of Poor Sleep	Caffeine  delays release by 3 hours, blocking your body's natural ability to feel sleepy.
oi rooi Sieep	Back Next
	Narration/Voiceover/Sound:
Navigation:	Here are the five most common culprits of poor sleep. Click on each culprit to see how it affects your sleep quality.
Click on each image (aka culprit) to reveal information	allects your sieep quality.

The Culprite

Visuals:

on.

# Click next button to move to

to return to previous slide.

**Project:** 

hours, stigma, alcohol, caffeine at start of timeline.

Go back button appears at start of timeline. Next button appears after each culprit is clicked

about that culprit. Click X to close information box. **Animation:** next slide after each culprit is Row of vertical rectangles appear with list of the 5 culprits: blue light from devices, work clicked on. Click go back button

Sweet Dreams: Fundamentals of Sleep Hygiene	Tired of Feeling Tired?: What You Can Do About It
or Steep rhygiene	Benefits of Quality Sleep
	lower level of anxiety
Slide: 4.1 Tired of Feeling Tired?: What	
You Can Do About It	Back
Now	ration/Vaicaavar/Saund:

## **Navigation:**

**Project:** 

Hover over each icon to show label. Click next button to move to next slide. Click go back button to return to previous slide.

### Narration/voiceover/Sound:

Now that you've looked at why we need sleep and what happens to our bodies and brains when we're not getting enough of it, let's discover what you can do about it so you can start sleeping better. <pause> When you get enough good quality sleep, you'll regain these benefits. Hover over each icon to learn more.

Go back button appears at start of timeline. Next button appears after all images have been clicked.

Visuals:

Animation: Column of icons that represent benefits (enhanced memory, better ability to fight off colds and flu, decrease in food cravings, lowered risk of heart attacks and stroke, lower level of anxiety, an increased feeling of happiness) fades in when speaker says "these benefits."

Sweet Dreams: Fundamentals	What You Can Do About It				
of Sleep Hygiene		Establish a Routine	Keep the lights low at night	Stay away from blue light	
Slide: 4.2 Tired of Feeling Tired?: What You Can Do About It		Regulate your body temperature	Limit your caffeine intake	Limit your alcohol consumption  Next	
	Narration/Voiceo	over/Sound:			
Navigation:	1	d of feeling tired, try ity. Click on each red	•	nd adjustments to yo arn more.	

Tired of Feeling Tired?

### Click each technique, the card flips and more info is revealed. Click X to close box and choose

another technique.

Click next button to move to next slide. Click go back button

to return to previous slide.

**Project:** 

Visuals:

**Animation:** At start of timeline, list of techniques appear with corresponding icon. Techniques glow when speaker says "click on each" to invite clicks. After a technique is selected, the technique is grayed out. Go back button appears at start of timeline. Next button appears after all techniques have been revealed.

Sweet Dreams: Fundamentals	What You Can Do About It			
of Sleep Hygiene	Go to bed and get up at the same time everyday. If you have a different sleep schedule on the weekends, that's like giving yourself jet lag.	s low at night Stay away from blue light		
Slide: 4.2 Tired of Feeling Tired?: What You Can Do About It	Regulate your body temperature  ***  Back	ffeine intake  Limit your alcohol consumption  Next		
	Narration/Voiceover/Sound:			

Tired of Feeling Tired?:

better sleep quality. Click on each recommendation to learn more.

## **Navigation:**

**Project:** 

# Click each technique, the card

flips and more info is revealed. Click X to close box and choose another technique.

# Click next button to move to next slide. Click go back button

to return to previous slide.

Visuals:

Animation: At start of timeline, list of techniques appear with corresponding icon. Techniques glow when speaker says "click on each" to invite clicks. After a technique is selected, the technique is grayed out. Go back button appears at start of timeline. Next button appears after all techniques have been revealed.

When you're tired of feeling tired, try these techniques and adjustments to your lifestyle for a

Sweet Dreams: Fundamentals of Sleep Hygiene	See What You Have Learned  In this module, you have explored:
Slide: 5.1 Wrap Up & See What You've Learned	<ul> <li>why we need sleep</li> <li>the negative consequences of sleep deprivation</li> <li>the common causes of poor sleep</li> <li>changes to your lifestyle and routines that will improve your sleep quality.</li> </ul> Back Next
	Narration/Voiceover/Sound:
Navigation:  Click I'm ready button to move to next slide (quiz). Click go back button to return to	In this module, we've looked at: (1) why we need sleep, (2) the negative consequences of sleep deprivation, (3) the common causes of poor sleep, and (4) changes to your lifestyle and routines that will improve your sleep quality. <pause> Ready to see how much you've learned about sleep hygiene?</pause>

## **Animation:**

Visuals:

**Project:** 

previous slide.

List items fade in as each item is read. Go back button appears at start of timeline. I'm ready button appears after script is read.

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	Quiz See What You Have Learned	
or oloop riygione		Question 1 - True or False?	
		Alcohol is a sleep aid.	
Slide:		○ True	
5.2-5.11 Quiz Questions		False	
		Back	SUBMIT
	Narration/Vo	iceover/Sound:	
Navigation:			
Click submit button to check answer.			
	Animation:		
	Submit butto Pop-ups: "Try	on appears at start of timeline.  n appears at start of timeline.  y again" if incorrect answer is selected; "That's	right!" if correct answer is

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	Quiz See What You Have Learned			
or electrifygione		Question 2 - True or False?  Reading from your smartphone at night helps			
Slide:		you feel sleepy.  True			
5.2-5.11 Quiz Questions		False  Back  SUBMIT			
	Narration/Vo	piceover/Sound:			
Navigation:					
Click submit button to check answer.					
	Animation:				
		on appears at start of timeline. on appears at start of timeline.			

Pop-ups: "Try again" if incorrect answer is selected; "That's right!" if correct answer is

\*!*:----l--

Project:	Visuals: Quiz			
Sweet Dreams: Fundamentals of Sleep Hygiene		See What You Have Learned		
or croop raygionic		Question 3 - Fill In the Blank		
		Adults need a minimum of hours of sleep each night.		
Slide:				
5.2-5.11		type your answer here		
Quiz Questions				
		Back		
	Narration/Vo	piceover/Sound:		
Navigation:				
Click submit button to check answer.				
	Animation:			
	Submit butto	on appears at start of timeline. on appears at start of timeline. y again" if incorrect answer is selected; "That's right!" if correct answer is		

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	Quiz See What You Have Learned
or olcop rhygicale		Question 4 - Fill In the Blank
		Your body temperature needs to drop a minimum of degrees Farenheit to initiate
Slide:		sleep.
5.2-5.11 Quiz Questions		type your answer here
		Back
	Narration/Voic	ceover/Sound:
Navigation:		
Click submit button to check answer.		
	Animation:	
	Submit button	appears at start of timeline. appears at start of timeline. again" if incorrect answer is selected; "That's right!" if correct answer is

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	Quiz See What You Have Learned
or croop rhygionic		Question 5 - Choose the Image
Slide: 5.2-5.11 Quiz Questions		Look at the objects to the right. Click on the ONE thing that could be stopping someone from getting good quality sleep at night.  Soft, dim light cool room temperature temperature temperature caffeinated beverages
		Back
	Narration/Vo	oiceover/Sound:
Navigation:		
Click submit button to check answer.		
	Animation:	
	Quiz Question	on appears at start of timeline.

Submit button appears at start of timeline.

selected with next button in pop up.

Pop-ups: "Try again" if incorrect answer is selected; "That's right!" if correct answer is

Project:	Visuals:	Quiz
Sweet Dreams: Fundamentals		See What You Have Learned
of Sleep Hygiene		Question 6 - Drag and Drop
		Drag and drop the name of each benefit of quality sleep underneath the correct icon.    decrease   los   incr   decrease   food cr   from s   improved   memory   mem
Slide:		
5.2-5.11		
Quiz Questions		
		Back
	Narration/Vo	piceover/Sound:
Navigation:		
Click submit button to check answer and close to see quiz results.		
	Animation:	
	Quiz Questi	on appears at start of timeline.

Submit button appears at start of timeline.

selected with next button in pop up.

Pop-ups: "Try again" if incorrect answer is selected; "That's right!" if correct answer is

Project: Sweet Dreams: Fundamentals of Sleep Hygiene	Visuals:	<b>Quiz</b> See What You Ha	ave Learned	
701			Your Score	
Slide:			83%	
5.2-5.11 Quiz Questions			You answered 5 out of 6 questions correctly.	
		Back		Finish
	Narration/Void	ceover/Sound:		
Navigation:				
Click finish button to see quiz results.				
	Animation: Score appears	s at start of time	eline. Back buttons and Finish butto	ons appear after score

shown.

Project: Sweet Dreams: Fundamentals of Sleep Hygiene  Slide: 5.12 Wrap Up & See What You've Learned - Credits	Matthew Walker. Why Sleep Matters. Talks at Google. Jul 12, 2019 https://www.youtube.com/watch?v=clyGw_htEfl.&ab_channel=TalksatGoogle Leah Kaplan. Ayurveda 101: Sleep. Thunderbolt Ayurveda. https://www.thunderboltayurveda.com The Role of Sleep Hygiene in Promoting Public Health: A Review of Empirical Evidence. Leah A. Irish, Christopher E. Kline, Heather E. Gunn, Daniel J. Buysse, and Martica H. Hall. Published online 2014 Oct 16. doi: 10.1016/j.smrv.2014.10.001. https://www.nbb.inlm.nih.gov/pmc/articles/PMC4400203/ Bill Gates. Book review of "Why we sleep" by Neuroscientist Matthew Walker. https://www.gatesnotes.com/Books/Why.We-Sleep The Guardian. "Why we sleep" Book Review. https://www.theguardian.com/books/2017/sep/21/why.we-sleep-by-matthew-walker-review
Navigation: Click restart or close.	Narration/Voiceover/Sound:  Next time you're having trouble sleeping, try out some of the strategies you learned about in this course. And remember, when in doubt, seek the help of a licensed professional.

### 4! - .- .

Animation:

Restart button appears at start of timeline. Close button appears after script is read.