

U GOOD EVENT GUIDE

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START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word document details the U Good event titled:

“Sleep”

EVENT DESCRIPTION.

The focus of the event is to educate on the mental health benefits of sleep and promote sleep wellness.

The evidence backing reasons for hosting the event:

- According to the National Institute of Neurological Disorders and Stroke (2023), “Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity” (p.1).

The anticipated event attendees were Kent State University students.

The event entailed students approaching the event table and decorating a sleep mask to take home. Those who attended the event were offered to do an activity that consisted of: (1) decorating a sleep mask; or (2) taking a short (5-minute) sleep test using the Epworth Sleepiness Scale to measure quality of sleep. Those who finished and submitted the sleep quiz and followed the Center’s social media accounts were entered into a raffle to win a white noise machine. Event attendees were encouraged to mark the sleepiness category that coincided with their total score on a shared poster board. Event attendees could then leave the event with their decorated sleep mask and a complimentary bag of sleepy time tea. See related Epworth Sleepiness Scale content below:

This was a free event located in an event space at the University’s campus that is accessible, convenient, comfortable, and easy to navigate for on-campus students. It took an attendee approximately ~5-10 minutes to participate. At least one volunteer was needed to table the event.

EVENT BUDGET.

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Sleep				
Expected number of event attendees:	~50				
Items on-hand that did <u>not</u> need to be purchased:	Wet wipes or paper towels (for cleanup), poster board, stickers, plastic table cloth				
Event Itemized Budget					
Item	Quantity	Price per unit	Total	Store	Web Link
REACHER R2 White Noise Machine and Night Light with 31 Soothing Sounds	1	\$33.99	\$33.99	Amazon prime	Click here to view link
Aneco 50 Pieces Blindfold Eye Mask Shade Cover with Nose Pad and Adjustable Strap for Travel Sleep or Party Supplies, 21 Colors	1	\$11.79	\$11.79	Amazon prime	Click here to view link
Fabric Marker, Emooqi 24 Colors Textile Marker, No Bleed Fabric Pen Permanent and Washable T-Shirt Markers	1	\$13.99	\$13.99	Amazon prime	Click here to view link
3D Fabric Paint, Magicfly 40 Colors Permanent Textile Paint with 3 Brushes and Stencils, Permanent Fabric Paint	1	\$27.99	\$27.99	Amazon prime	Click here to view link
Celestial Seasonings Sleepytime Flavor Tea Variety Pack, 6 Count	1	\$17.99	\$17.99	Amazon prime	Click here to view link
TOTAL	4	-	\$105.75	-	-

*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

EVENT SCHEDULING.

Event was hosted during a College of Public Health Career Fair and tabled alongside other student groups and student-oriented organizations. The event occurred on October 25, 2019.

EVENT ADVERTISING.

Event was promoted on Center's social media and through student organization email listservs. Posting was also made on the university event calendar.

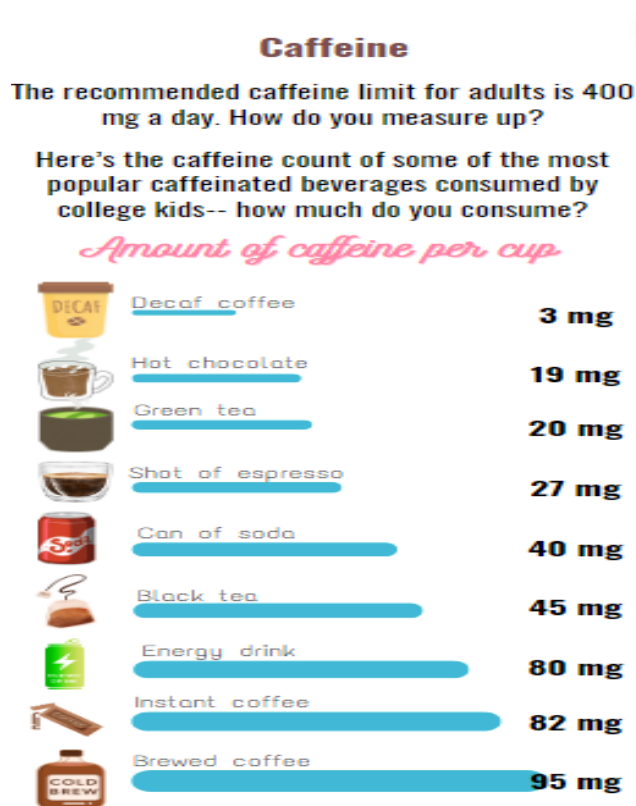
See examples of social media post below. *Not to scale



EVENT PREPARATION.

Materials and supplies were built out and organized for the event.

See examples of awareness content printed for event below:



How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times. Even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation.

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

It is important that you answer each question as best you can.

Situation	Chance of Dozing (0-3)
Sitting and reading _____	_____
Watching TV _____	_____
Sitting, inactive in a public place (e.g., a theatre or a meeting) _____	_____
As a passenger in a car for an hour without a break _____	_____
Lying down to rest in the afternoon when circumstances permit _____	_____
Sitting and talking to someone _____	_____
Sitting quietly after a lunch without alcohol _____	_____
In a car, while stopped for a few minutes in the traffic _____	_____
Add your score _____	_____

0-5 Lower Normal Daytime Sleepiness

6-10 Higher Normal Daytime Sleepiness

11-12 Mid Excessive Daytime Sleepiness

13-15 Moderate Excessive Daytime Sleepiness

16-24 Severe Excessive Daytime Sleepiness

Source: The Epworth Sleepiness Scale

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References:

National Institute of Neurological Disorders and Stroke. (2023). Brain Basics: Understanding Sleep.

<https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-understandingsleep#:~:text=Sleep%20is%20an%20important%20part,survival%20as%20food%20and%20water.>

Greenstone, M. A. (2018). Sleep. *In Foundations of Respiratory Medicine* (pp. 133–152). essay, SPRINGER NATURE. Retrieved from https://doi.org/10.1007/978-3-319-94127-1_8.