How a School Based Sleep Education & Surveillance Program Help

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Objectives

- Brief Sleep Basics
- Is Sleep a Problem in Kids?
- What is Wake Up and Learn?
- WUAL Results
- How Can My School Get Involved?
Sleep basics
Sleep is not...

- Just a period of inactivity
- A temporary coma
- Something to fill time when a person is inactive

And it is not optional.
It is a Brain Derived Homeostatic Process!
Why is sleep Important?

• Helps your brain make memories improving learning and performance in school
• Helps your body stay healthy with keeping a normal immune system
• Helps you do better in sports by optimizing reaction time, speed and accuracy
• Helps you get better after injuries, especially head injuries
• Helps your mood and behavior
Are sleep disorders a problem in pediatrics?
It is estimated that 25-30% of Children and Adolescents have a sleep problem!

Even higher risk if there is other medical or psychiatric problems.
What might be seen in school?

- Irritability/mood swings
- Deterioration in school performance
- Excessive daytime sleepiness/falling asleep in school
- Frequent tardiness due to oversleeping
- ADHD symptoms
- Risk Taking Behaviors
What is Wake Up and Learn?
Wake Up and Learn

• **WUAL** is a **VIRTUALLY DELIVERED SCHOOL-BASED SLEEP EDUCATION AND SURVEILLANCE** Program

• Why Was it Developed?
  • Educate on the symptoms of sleep disturbances
  • Define the consequences of inadequate or problematic sleep
    • Replace the idea of Valor for Little Sleep (i.e. sleep when I am dead mentality)
  • Improve recognition of sleep disturbances
    • Mitigate a risk factor for mental health disorders/ suicidality
  • Provide Guidance of how to correct sleep disturbances
  • Involve important Key Stakeholders in Student Success
    • Parents, Teachers, Students, Counselors, etc

www.wakeupandlearn.org
• Provide Scheduled Universal Screening using validated sleep questionnaires evaluating for sleep problems and EDS
  • If score is elevated (CSHQ > 41 or ESS > 10) provide opportunity to complete ASQ
  • Based on ASQ response provide personalized letter to family (school and PCP if parents opted for this) describing the specific sleep concerns described and best course of action to discuss with your PCP

• In addition, availability for as needed sleep screening if symptoms develop throughout the year
1\textsuperscript{st} Round Results

- 396 7\textsuperscript{th} to 12\textsuperscript{th} grade students invited to participate
  - 336 completed both surveys (CSHQ and ESS) (85%)
  - 9 students only completed 1 survey (ESS Only)
- 213 Student with pathologic CSHQ scores (CSHQ > 41) (63%)
- 57 Students with Pathologic ESS Scores (ESS > 10) (17%)
- 222 students who had a pathologic score on at least 1 screener (66%)
Does it get **Better**, **Worse**, or **Other**?

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ESS > 10 = 15%

GREAT! Right?! Actually a bit of a moving Target!

- 30% were persistently sleepy
- 70% were NEW SLEEPY
# How Can We Engage your School?

<table>
<thead>
<tr>
<th>Currently</th>
<th>Planned</th>
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<tbody>
<tr>
<td>Website (<a href="wakeupandlearn.org">wakeupandlearn.org</a>)</td>
<td>School Based Activities</td>
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<td>Collectable Palm Cards</td>
<td>Games and Contests</td>
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<td>Character Development</td>
<td>Fun Incentives</td>
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<td>Recorded Interviews</td>
<td>Character Naming</td>
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<td>Letters to Families (School/PCP)</td>
<td>Social Media</td>
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<tr>
<td>Sleep Ambassador Program</td>
<td>Suggestions Always Welcome!</td>
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Just like a healthy diet and exercise, sleep is critical for children and teens to stay healthy, grow, learn, do well in school, and function at their best. Discover a wealth of tips and resources to help promote healthy sleep for kids from Wake Up and Learn.

**With Gratitude**

Dr. Morse and the team would like to express gratitude and thanks to Jazz Pharmaceuticals and the Janet Weis Children's Hospital for their support with the Wake Up and Learn Program. Together, we can increase awareness about adolescent sleep disorders, as well as advocate for their proper treatment.