# Sleep 101

**Sleep 101** is an award-winning online sleep education program featuring games, interactive activities, and videos covering topics including:

- How sleep affects health, academic performance, athletics, and social life;
- Safe and effective caffeine use;
- Evidence-based drowsy driving prevention;
- The impact of "all-nighters;"
- And more!

The program was developed by Brigham and Women's Hospital and the nonprofit Healthy Hours, and features Harvard Medical School sleep researchers and Arianna Huffington, among others. We have been given three awards in the e-learning industry for our innovative approach to online education, and our course has been featured in a number of media outlets.



The original program focused on college students (and has been used at Harvard University, UCLA, MIT, Lehigh, Loyola University Maryland, and Middlebury College, among others). Our middle and high school program has been used by thousands of students around the country.

We are looking for schools who would be willing to assign the **one-time 25-30 minute program to 7th to 12th graders during the 2020-2021 school year**. We have received a **grant from State Farm** that will allow us to provide the program at **no cost** to a limited number of schools in Pennsylvania and provide implementation support.

The program is very **easy to implement** - we will set up a custom link for your school and provide you with a password that will allow any student with an internet connection to access the program at school or at home. All you need to do is share the link with students. The program has been assigned as a part of health classes, drivers' education, science classes, advisory period, and as an administrative requirement. We can help you figure out the best method of implementation.

A **full demo** is available upon request.

If you are interested in participating, please email Pallas at **pziporyn@bwh.harvard.edu** for more information.