

## Introducing

# Wake Up and Learn

## What is WUAL?

- Free, voluntary program offered in collaboration with your child's school
- School-based screening program that gives you and your child information about their current sleep health that you can choose to share with their doctor or school
- An easy way to access information and resources to help you and your family improve your overall health

## What WUAL is *not*...

- A substitute for your child's primary care team or a referral to a doctor your child doesn't know
- A sleep disorder diagnosis
- A program that tells you how to raise your child - we aim to provide you meaningful information so you can decide what is best for your family



### A note from our founder, Dr. Anne Marie Morse:

Wake Up and Learn is an exciting opportunity to take a pulse on an important factor that contributes to a student's success in school, on the field, and really anywhere that matters: SLEEP! Good quality sleep helps information learned in school become more permanent in the brain. It improves reaction time and speed. It reduces risk taking behavior. And it can even make a new driver safer behind the wheel. Wake up and Learn provides the convenient opportunity to screen for sleep problems while in school and then help students get on the right path to a better night of catching ZZZZs. Wake Up and Learn is committed to partnering with your school district to provide solutions that can help any student untangle difficulties with getting the right duration and quality of sleep.

## What surveys will my child take?

Wake Up and Learn uses three surveys that have been proven to identify people that may be suffering from sleep problems:

### **Epworth Sleepiness Scale for Children and Adolescents (ESS-CHAD):**

This 8-question survey helps identify people struggling with excessive daytime sleepiness.

### **Childhood Sleep Habits Questionnaire (CSHQ):**

This longer survey looks at a variety of sleep behaviors in children and can identify potential signs of a sleep disorder.

### **Alliance Sleep Questionnaire (ASQ):**

This extensive survey is used in clinical practice to direct further testing and diagnosis. If we think your child would benefit from taking this survey, you will be asked to sign a permission form that provides additional information about the ASQ.



Better sleep, easier from **Geisinger**

[wakeupandlearn.org](http://wakeupandlearn.org)