

Fast Facts



Better sleep, easier from **Geisinger**

Wake Up and Learn (WUAL) is a sleep education and assessment program that combines periodic assessments with ongoing education offered in schools, colleges and universities, higher education programs and online at geisinger.org/wual. Educational resources are developed for asynchronous delivery, though materials can be used at each institution's discretion.

WUAL is seeking to change the culture around sleep by helping learners and the larger education community make the connection between healthy sleep and what matters to them:

- Academics and learning
- Athletic performance
- Mental health
- Mood and relationships
- Physical health and aesthetics

Everyone can benefit from improved sleep, and it's critical that finances aren't a barrier to using the program. WUAL is funded with philanthropic and grant dollars, allowing institutions to access this innovative program for free.



Scan the QR code to learn more.



Benefits of partnering with WUAL

Real-time data about the sleep health of your participants

Institutions receive aggregate data from sleep assessments completed twice a year, allowing for more informed decision-making.

Free content and materials to share with your community

In addition to materials available on the WUAL website, partners receive educational resources for use in their setting (e.g., Sleep Resource Handbook, posters, handouts, etc.).

Flexible programming

Teachers and staff can incorporate our materials into their lesson plans as they choose.

