

WAKE UP AND LEARN

Fast facts

Dr. Anne Marie Morse, board-certified neurologist with special qualifications in Child Neurology and board-certified sleep specialist founded Wake Up and Learn to improve recognition, education and management of sleep disorders with a convenient and on-demand solution.

Wake Up and Learn is a school-based sleep education and surveillance program that combines periodic screening with on-going education offered in schools and at wakeupandlearn.org

Online screeners take less than 10 minutes to complete. Families can consent to a more thorough sleep assessment for personalized recommendations that can be shared with their physician or school.

What do sleep problems look like?

- Irritability and mood swings
- Deterioration in school performance
- Excessive daytime sleepiness/falling asleep in school
- Frequent tardiness/absences due to oversleeping
- ADHD symptoms (both hyperactivity and inattentiveness)
- Increased risk-taking behaviors

- Mental health conditions can be worsened by sleep problems... In fact, suicide risk is increased when insomnia is also present.
- Excessive daytime sleepiness is more than a nuisance. It impairs reaction time leading to car accidents, sports injuries and concussions.
- Sleep is the period of time when learned information turns into more permanent memories. Sleep problems disrupt this process!
- Pre-existing sleep problems contribute to protracted recovery from injuries, which is why many professional athletes have sleep doctors.

Results of the pilot program of Wake Up and Learn

85%

of students enrolled at a local middle school and high school completed the screening surveys

63%

of students provided responses on the Childhood Sleep Habits Questionnaire that were considered HIGH RISK for sleep problems in December 2020

49%

of students provided high risk responses on the same survey in April 2022, with participation rates remaining consistent

Students showed a significant decrease in screening scores, indicating fewer students at high risk for sleep issues after implementation of this program. Students also report a greater awareness of how sleep impacts their wellbeing.



Better sleep, easier from **Geisinger**

wakeupandlearn.org