Blended Intensive Program - Sleep Medicine in the Digital Era

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General information

Course Title	Sleep Medicine in the Digital Era
Coordinating institution	University of Split (UNIST) Erasmus code: HR SPLIT01
Partner institutions	Reykjavik University University of Crete
BIP Code	2024-1-HR01-KA131-HED-000206905-1
Abstract: (few lines describing the course)	This programme is developed in synergy with the Erasmus+ project "eSleep_dHealth" and aims to respond to the growing demand for interdisciplinary knowledge in sleep medicine, digital health, and social innovation. It supports capacity building in digital sleep healthcare by integrating medical education with innovative digital tools, collaborative online learning, and challenge-based activities. The programme also addresses the need for accessible and inclusive learning formats that reach diverse student groups from various backgrounds and study fields.
Number of ECTS	3 ECTS
Calendar	- Nomination/application deadline: 5 September 2025 - Confirmation of acceptance by: 10 September 2025 - Virtual component date(s)/ number of hours: 15-19 September 2025 - Dates of on-site/physical component: 22-26 September 2025
Number of participants	The minimum number of participants is 10, maximum is 20.
Mobility costs	Participants interested in this program apply for Erasmus+ financing to their home universities in accordance with their internal procedures.
Contact	Regarding organisational and pedagogical aspects: erasmus@unist.hr and abuzov@mefst.hr (both addresses) Responsible person for signing the OLA: abuzov@mefst.hr
City & country of the physical mobility	Split, Croatia
Apply to	e-mail: erasmus@unist.hr and abuzov@mefst.hr (both addresses)

Pedagogical information

Target group / Expected student profile	Undergraduate and graduate students as well as staff in medicine, biomedical sciences, psychology, health IT, and related fields
Requirements/ Academic background/ Level of studies	English B2 (test can be taken on EU academy)/
Selection of participants	Done by the host university
Selection criteria	• Enrolment in a higher education institution that is participating in Erasmus+ eSleep_dHealth project and/or any other University of Split constituent • English language proficiency (B2 level or higher) • Interest in sleep medicine, digital health, or social innovation
Description of the physical component (please include any relevant information for the applicants):	The physical component of the programme offers students an intensive, hands-on learning experience through daily in-person sessions. Working in interdisciplinary teams, participants move from project planning and data collection to analysis, report writing, and live presentations. Interactive seminars, teamwork, and supervised practical sessions take place on-site, encouraging collaboration, peer learning, and real-time feedback. Visits to sleep centers and structured group activities strengthen the connection between theory and practice. By engaging directly with mentors and peers, students develop practical research skills and gain insight into real-world challenges in sleep medicine, all within a supportive and dynamic physical environment.
Description of the virtual component (please include any relevant information for the applicants):	Prior to the in-person sessions, participants complete an online preparatory module that includes introductory lecture: "Introduction to Sleep Medicine and Research Methodologies", providing a conceptual overview of the field and the structure of the programme, online research workshop during which students are introduced to research design principles, form teams, and discuss possible scientific paper topics aligned with the programme's focus areas. Furthermore, supervisors present the questionnaires and diagnostic tools (e.g., sleep quality indexes, screening instruments) that students will later use in their group research work. Teams define early research questions and objectives in preparation for the hands-on work during the onsite week. After the in-person portion, students complete an independent online task, which includes Practical online work where students use validated sleep medicine questionnaires (introduced earlier) to collect and analyze

small-scale datasets. Based on this work, each student writes and submits a short scientific paper applying programme methodologies. The final paper is reviewed and assessed by teaching staff, providing a summative academic output.

Learning objectives/outcomes:	Completing this course, students will be able to: 1. Identify and classify sleep disorders and explain their nosological frameworks. 2. Describe the functions and structure of sleep centres and labs. 3. Analyse the effects of demographic and socioeconomic factors on sleep health. 4. Explain legal and forensic considerations in sleep-related cases. 5. Understand the landscape of professional training and academic development in sleep medicine. 6. Apply quantitative methods and research design principles in sleep medicine. 7. Collaborate effectively in multidisciplinary and international teams 8. Develop and present a digital or social innovation addressing sleep health needs.
ECTS credits to be recognized:	3 ECTS
Evaluation:	Evaluation will be carried out through a survey for participants
Certificates	Upon successful completion, Certificate of attendance and Transcript of records will be issued.
Language of the course	English