

	Implementation schedule	Title	Partner University	Lecturer	Learning outcomes
DAY 1	<b>Monday</b> <b>11/05/2025</b> <b>10.00-13.00</b> <b>CET</b>	<b>Sleep Quality: Foundations and Physiology</b>	Klaipeda University	Assoc. Prof. Jurgita Andruskiene Faculty of Health Sciences Department of Public Health Klaipeda University, Lithuania Email: <a href="mailto:jurgita.andruskiene@ku.lt">jurgita.andruskiene@ku.lt</a> +370 615 93969	<ol style="list-style-type: none"> <li>Describe basic sleep architecture, circadian rhythms, and factors that determine sleep quality, and explain their relevance to health and performance.</li> <li>Analyze how lifestyle and environmental factors (light, noise, shift work, caffeine, stress) influence sleep, using evidence-based reasoning.</li> <li>Demonstrate initial skills in assessing personal sleep patterns (e.g., sleep diaries, simple actigraphy concepts) and identifying sustainable steps to improve sleep hygiene.</li> </ol>
Description	<ul style="list-style-type: none"> <li><i>Theoretical lecture: Sleep architecture, circadian rhythms, and determinants of sleep quality; impact on health and performance.</i></li> <li><i>Practical activity: Sleep diary workshops and actigraphy data interpretation; baseline assessment of personal sleep habits and environmental factors.</i></li> </ul>				
DAY 2	<b>Tuesday</b> <b>12/05/2025</b> <b>10.00-13.00</b> <b>CET</b>	Sleep Quality: Modulators, Disorders, and Interventions	Klaipeda University	Assoc. Prof. Jurgita Andruskiene Faculty of Health Sciences Department of Public Health Klaipeda University, Lithuania Email: <a href="mailto:jurgita.andruskiene@ku.lt">jurgita.andruskiene@ku.lt</a>	<ol style="list-style-type: none"> <li>Identify common sleep disruptors and disorders across diverse populations, and evaluate culturally sensitive intervention options.</li> <li>Critically appraise and apply stimulus control, sleep hygiene, and behavioral strategies to design personalized, sustainable sleep-improvement plans.</li> <li>Communicate a concise, evidence-based sleep plan to peers or clients,</li> </ol>

				+370 615 93969	considering individual context, equity, and feasibility.
<b>Description</b>	<ul style="list-style-type: none"> <li><i>Theoretical lecture: Stimulus control, sleep hygiene, caffeine/alcohol effects, stress, and common sleep disorders; cultural and individual differences.</i></li> <li><i>Practical activity: Case-based assessment of sleep disruptors; design of personalized, sustainable sleep-improvement plans considering lifestyle and community context.</i></li> </ul>				
<b>DAY 3</b>	<b>Wednesday</b> <b>13/05/2025</b> <b>10.00-13.00</b> <b>CET</b>	<b>Sustainable Nutrition: Foundations and Chrononutrition</b>	Agricultural University of Athens	Assoc. Prof. Emmanuella Magriplis Laboratory of Dietetics and Quality of Life Department of Food Science and Human Nutrition Agricultural University of Athens, Greece Email: <a href="mailto:emagriplis@hua.gr">emagriplis@hua.gr</a> +30 210 529 4965	<ol style="list-style-type: none"> <li>Explain core concepts of sustainable nutrition, including energy balance, macronutrients, micronutrients, hydration, and meal timing.</li> <li>Analyze the relationship between chrononutrition and sleep/metabolic health, and assess how dietary choices can support sleep quality.</li> <li>Develop a week-long, culturally appropriate meal plan that prioritizes sustainability and aligns with sleep goals, with justification grounded in evidence.</li> </ol>
<b>Description</b>	<ul style="list-style-type: none"> <li><i>Theoretical lecture: Nutritional basics for sustainability (energy balance, macronutrients, micronutrients, hydration) and the role of meal timing and chrononutrition on sleep and metabolic health.</i></li> <li><i>Practical activity: Analyzing dietary patterns for sustainability (plant-forward, seasonality, local options); create a week-long, culturally sensitive meal plan aligned with sleep goals.</i></li> </ul>				
<b>DAY 4</b>	<b>Thursday</b> <b>14/05/2025</b> <b>10.00-13.00</b> <b>CET</b>	<b>Sustainable Nutrition: Diet Quality, Environment, and Equity</b>	University of Zadar	Prof.dr.sc. Marijana Matek Sarić Odjel za zdravstvene studije Splitska 1	<ol style="list-style-type: none"> <li>Examine food systems, environmental footprints, and social determinants of dietary choices, and assess implications for population health.</li> <li>Propose strategies to improve diet quality in sustainable, scalable, and</li> </ol>

				<p>23000 Zadar  <a href="tel:+38523400412">+385 (0)23 400-412</a>  Email: <a href="mailto:msaric@unizd.hr">msaric@unizd.hr</a></p>	<p>equitable ways (e.g., plant-forward options, seasonality, local sourcing).</p> <p>3. Create outreach or educational materials for diverse communities that promote sustainable, sleep-supportive eating patterns, with attention to accessibility and inclusivity.</p>
<b>Description</b>	<ul style="list-style-type: none"> <li><i>Theoretical lecture: Food systems, environmental footprints, and social determinants of dietary choices; strategies to improve diet quality sustainably.</i></li> <li><i>Practical activity: Life-cycle assessment exercises at a consumer level; develop outreach materials for diverse communities promoting sustainable, sleep-supportive eating patterns.</i></li> </ul>				
<b>DAY 5</b>	<p><b>Friday</b>  <b>15/05/2025</b>  <b>10.00-13.00</b>  <b>CET</b></p>	<p><b>Integration: Personal Plans and Community Application</b></p>	<p>Agricultural University of Athens</p>	<p>Assoc. Prof. Emmanuela Magriplis  Laboratory of Dietetics and Quality of Life  Department of Food Science and Human Nutrition  Agricultural University of Athens, Greece  Email: <a href="mailto:emagriplis@hua.gr">emagriplis@hua.gr</a></p>	<p>1. Synthesize sleep and nutrition evidence to design integrated, personalized routines that are practical, scalable, and environmentally conscious.</p> <p>2. Critically evaluate research and translate findings into clear guidance for varied audiences and settings, including public, workplace, and community contexts.</p> <p>3. Produce a capstone artifact (e.g., personal integrated plan and a concise public resource) and articulate strategies for ethical, culturally sensitive dissemination and evaluation.</p>
<b>Description</b>	<ul style="list-style-type: none"> <li><i>Theoretical lecture: Translating evidence into scalable routines; communicating findings to varied audiences; ethics and inclusivity in recommendations.</i></li> <li><i>Practical activity: Capstone activity: students design an integrated personal sleep–nutrition plan and a brief public-facing resource (infographic or memo) for a target community, with peer feedback.</i></li> </ul>				