

	Implementation schedule	Title	Partner University	Lecturer	Learning outcomes
DAY 1	Monday 11/05/2025 10.00-13.00 CET	Sleep Quality: Foundations and Physiology	Klaipeda University	Assoc. Prof. Jurgita Andruskiene Faculty of Health Sciences Department of Public Health Klaipeda University, Lithuania Email: jurgita.andruskiene@ku.lt +370 615 93969	<ol style="list-style-type: none"> 1. Describe basic sleep architecture, circadian rhythms, and factors that determine sleep quality, and explain their relevance to health and performance. 2. Analyze how lifestyle and environmental factors (light, noise, shift work, caffeine, stress) influence sleep, using evidence-based reasoning. 3. Demonstrate initial skills in assessing personal sleep patterns (e.g., sleep diaries, simple actigraphy concepts) and identifying sustainable steps to improve sleep hygiene.
Description	<ul style="list-style-type: none"> • <i>Theoretical lecture: Sleep architecture, circadian rhythms, and determinants of sleep quality; impact on health and performance.</i> • <i>Practical activity: Sleep diary workshops and actigraphy data interpretation; baseline assessment of personal sleep habits and environmental factors.</i> 				
DAY 2	Tuesday 12/05/2025 10.00-13.00 CET	Sleep Quality: Modulators, Disorders, and Interventions	Klaipeda University	Assoc. Prof. Jurgita Andruskiene Faculty of Health Sciences Department of Public Health Klaipeda University, Lithuania Email: jurgita.andruskiene@ku.lt	<ol style="list-style-type: none"> 1. Identify common sleep disruptors and disorders across diverse populations, and evaluate culturally sensitive intervention options. 2. Critically appraise and apply stimulus control, sleep hygiene, and behavioral strategies to design personalized, sustainable sleep-improvement plans. 3. Communicate a concise, evidence-based sleep plan to peers or clients,

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Description	<ul style="list-style-type: none"> <i>Theoretical lecture: Stimulus control, sleep hygiene, caffeine/alcohol effects, stress, and common sleep disorders; cultural and individual differences.</i> <i>Practical activity: Case-based assessment of sleep disruptors; design of personalized, sustainable sleep-improvement plans considering lifestyle and community context.</i> 				
DAY 3	Wednesday 13/05/2025 10.00-13.00 CET	Sustainable Nutrition: Foundations and Chrononutrition	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: emagriplis@aua.gr +30 210 529 4965	<ol style="list-style-type: none"> 1. Explain core concepts of sustainable nutrition, including energy balance, macronutrients, micronutrients, hydration, and meal timing. 2. Analyze the relationship between chrononutrition and sleep/metabolic health, and assess how dietary choices can support sleep quality. 3. Develop a week-long, culturally appropriate meal plan that prioritizes sustainability and aligns with sleep goals, with justification grounded in evidence.
Description	<ul style="list-style-type: none"> <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> <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> 				
DAY 4	Thursday 14/05/2025 10.00-13.00 CET	Sustainable Nutrition: Diet Quality, Environment, and Equity	University of Zadar	Prof.dr.sc. Marijana Matek Sarić Odjel za zdravstvene studije Splitska 1	<ol style="list-style-type: none"> 1. Examine food systems, environmental footprints, and social determinants of dietary choices, and assess implications for population health. 2. Propose strategies to improve diet quality in sustainable, scalable, and

				23000 Zadar +385 (0)23 400-412 Email: msaric@unizd.hr	equitable ways (e.g., plant-forward options, seasonality, local sourcing). 3. Create outreach or educational materials for diverse communities that promote sustainable, sleep-supportive eating patterns, with attention to accessibility and inclusivity.
Description	<ul style="list-style-type: none"> <i>Theoretical lecture: Food systems, environmental footprints, and social determinants of dietary choices; strategies to improve diet quality sustainably.</i> <i>Practical activity: Life-cycle assessment exercises at a consumer level; develop outreach materials for diverse communities promoting sustainable, sleep-supportive eating patterns.</i> 				
DAY 5	Friday 15/05/2025 10.00-13.00 CET	Integration: Personal Plans and Community Application	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: emagriplis@aua.gr	1. Synthesize sleep and nutrition evidence to design integrated, personalized routines that are practical, scalable, and environmentally conscious. 2. Critically evaluate research and translate findings into clear guidance for varied audiences and settings, including public, workplace, and community contexts. 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.
Description	<ul style="list-style-type: none"> <i>Theoretical lecture: Translating evidence into scalable routines; communicating findings to varied audiences; ethics and inclusivity in recommendations.</i> <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> 				