

# WSD PROJECT

Dr Mignon Hamman  
South Africa



***WORLD SLEEP DAY  
CAMPAIGN IN 4 PARTS***

***15 MARCH 2024***



+27662727488



[www.colabhealth.co.za](http://www.colabhealth.co.za)

# WSD PROJECT

Part1

**08 MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

***INFORMATIVE ACADEMIC TALK AS PART OF  
INSTOPP'S (OCCUPATIONAL THERAPISTS IN  
PRIVATE PRACTICE) MENTORSHIP PROGRAM***

***PLATFORM: ONLINE WITH 22 PARTICIPANTS***

***AIM: BROAD NATIONAL REACH OF ALLIED  
HEALTH CARE WORKERS IN SOUTH AFRICA,  
WHO CAN THEN EDUCATE THEIR PATIENTS  
BETTER AS WELL***

# WSD PROJECT

Part1

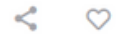
**08 MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

## INSTOPP Mentorship: Sleep Health



By **INSTOPP**

### ABOUT

Unlock the Secrets to Quality Sleep: Join us for an enlightening presentation by Dr. Mignon Hamman, where she unravels the often-overlooked realm of sleep health in pre-graduate studies. In this session Dr Hamman will

1. Cover the basics
2. Give an overview of sleep physiology
3. Reflect on quantity vs quality sleep,
4. Discuss comorbidities
5. Offer valuable insights on sleep hygiene and sleep stages.

# WSD PROJECT

Part2

**22 MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

***INFORMATIVE TALK WITH FELLOW WSP  
STUDENT (JD UYS) FOR THE UNITED NATIONS  
WORKERS OF SOUTHERN AFRICA***

***PLATFORM: ONLINE***

***AIM: EDUCATION FOR NON-MEDICAL  
PERSONNEL WORKING PRIMARILY WITH  
REFUGEES WHOSE HEALTH IS OFTEN  
NEGLECTED EXPECTED ATTENDEES +-100***

# WSD PROJECT


Part2

**22 MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

 **Aleksandra Ewa Witkowska**  
to ▾ Fri, Mar 15, 9:28 AM (2 days ago) ☆ ↶ ⋮

Mar  
**22**  
Fri

**Sleep Equity for Global Health - Worl...**

When Fri Mar 22, 2024 8am – 9am (UTC)  
Where Microsoft Teams Meeting  
Who Aleksandra Ewa Witkowska\*

Dear Colleagues,

Today, on 15th of March is the World Sleep Day and we would like to invite you to get more reflection on how are you currently doing in regard your rest and recovery conditions. The sleep quality is one of the key indicator both of health and wellbeing. Good sleep is part of good quality of life. Sleep disturbances are rather common and they reflect various somatic and psychic diseases: often are

# WSD PROJECT

Part3

**15 FEBRUARY- 15**

**MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

***SOCIAL MEDIA CAMPAIGN***

***PLATFORM: FACEBOOK, INSTAGRAM,  
WEBSITE***

***AIM: EDUCATION FOR ANYONE USING  
SOCIAL MEDIA, CREATING AWARENESS WITH  
VISUAL TOOLS. UTILIZING QR CODES.***

***OUR CITY HAS FREE CAPPED WI-FI AND THE  
ABOVE IS FAIRLY EASY TO ACCESS***

# WSD PROJECT

Part3

**1 MARCH - 15 MARCH**

**2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

**~~PLATFORM CAMPAIGN~~ INSTAGRAM  
WEBSITE VIA QR CODES**

**THE SECOND PART SPECIFICALLY TARGETED  
THE UNIVERSITY STUDENTS IN PRETORIA BY  
SHARING QR CODES AT A STUDENT HOUSING  
COMPLEX. STUDENTS HAVE HORRIBLE  
SLEEPING PATTERNS.**

**STATS SHOWS 48 SCANS THUS FAR!**



Website

WSD

February 12, 2024

No folder

<https://www.colabhealth...>

Modified: February 12, 2024

9  
Scans

Download

Detail



Website

Sleep resources

February 12, 2024

No folder

<https://www.colabhealth...>

Modified: February 12, 2024

48  
Scans

Download

Detail



# WSD PROJECT

Part3

**1 MARCH - 15 MARCH**

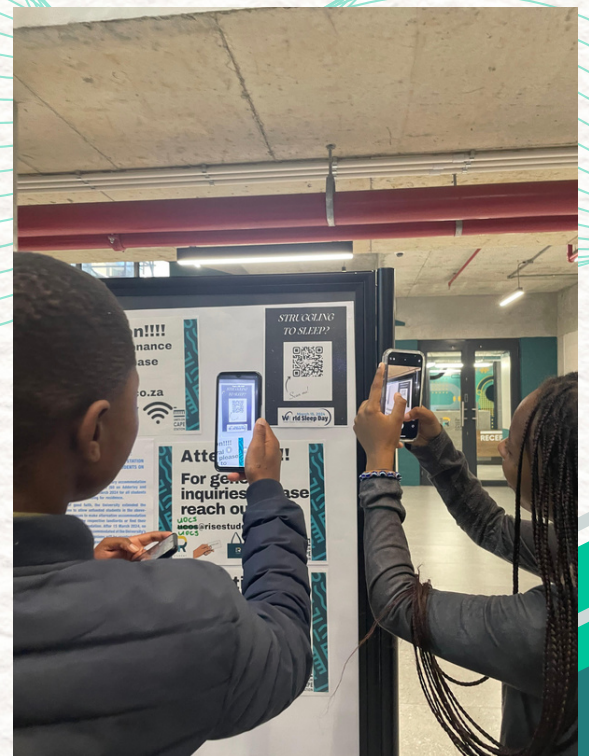
**2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

***SOCIAL MEDIA/QR CODE CAMPAIGN  
CONTINUE - UNIVERSITY RESIDENCE***





# WSD PROJECT

Part3

15 FEBRUARY- 15

MARCH 2024



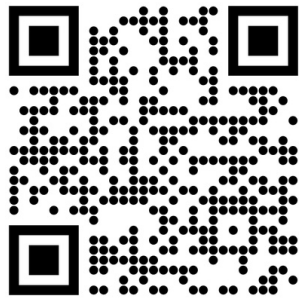
COLAB  
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**SOCIAL MEDIA "DID YOU KNOW"  
CAMPAIGN EXAMPLES RUNNING EVERY  
SECOND DAY FOR ONE MONTH**



Scan me!



Did you know...

- you should ideally get between 7-8hours of uninterrupted sleep

Did you know...

- caffeine negatively affects your sleep by blocking your adenosine receptors

Did you know...

- anger outbursts happen more frequently with poor sleep

# WSD PROJECT

Part4

**10 -15 MARCH 2024**



**COLAB  
HEALTH**

Dr Mignon Hamman MBChB (Pret)

***HUMOUROUS SET-UP***

***PLATFORM: VISUAL SET-UP AT BIG OFFICE  
PARK***

***AIM: EDUCATION FOR NON-MEDICAL  
PERSONNEL WITH LINKS TO ONLINE  
RESOURCES***



# WSD PROJECT

Part4

10 -15 MARCH 2024



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HEALTH

Dr Mignon Hamman MBChB (Pret)

## HUMOUROUS SET-UP

