



# **Make Sleep Health a Priority: Infographics Created with Students**

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2025 World Sleep Day Activity at BRIDGE Lab, KITE-Toronto  
Rehabilitation Institute, University Health Network  
Toronto, ON, Canada

*Report prepared on April 10, 2025 by Tatyana Mollayeva and Thaisa Tylinski Sant'Ana*  
*Link to Infographic: <https://heyzine.com/flip-book/world-sleep-day-2025>*



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## Introduction

Sleep health encompasses measurable characteristics of sleep that are most clearly associated with physical, mental, and neurobehavioral well-being. Multiple dimensions of sleep across levels of analysis have been associated with health and functional outcomes and are included in definitions of sleep health.

## Activity Overview

To support this year's theme of Making Sleep Health a Priority, we developed an infographic to bring awareness of students to the importance of sleep health. We conducted a short survey (Appendix) with students from the BRIDGE Lab who expressed interest in the initiative, to reflect on and share their experiences with prioritizing sleep health. Their responses, in addition to published research on the topic, are reflected in the content of the infographic, which can be accessed [here](#).

## Advertising

To disseminate widely, we posted the infographic on the [BRIDGE Lab website](#), shared it on LinkedIn, and added the link to our email signature for the month of March. The KITE Communications Team wrote a [story](#) on this initiative, titled "Sleepless and Stressed: Students Share Challenges in Guide to Better Rest", posted on the KITE-UHN website. Dr. Mollaveya promoted the infographics at the faculty presentations at the [Celebration of Teaching Showcase 2025](#) at the University of Toronto Scarborough (UTSC) taking place on April 8, 2025.

**Figure 1.** Infographic posted to the Knowledge Translation page on the BRIDGE Lab website

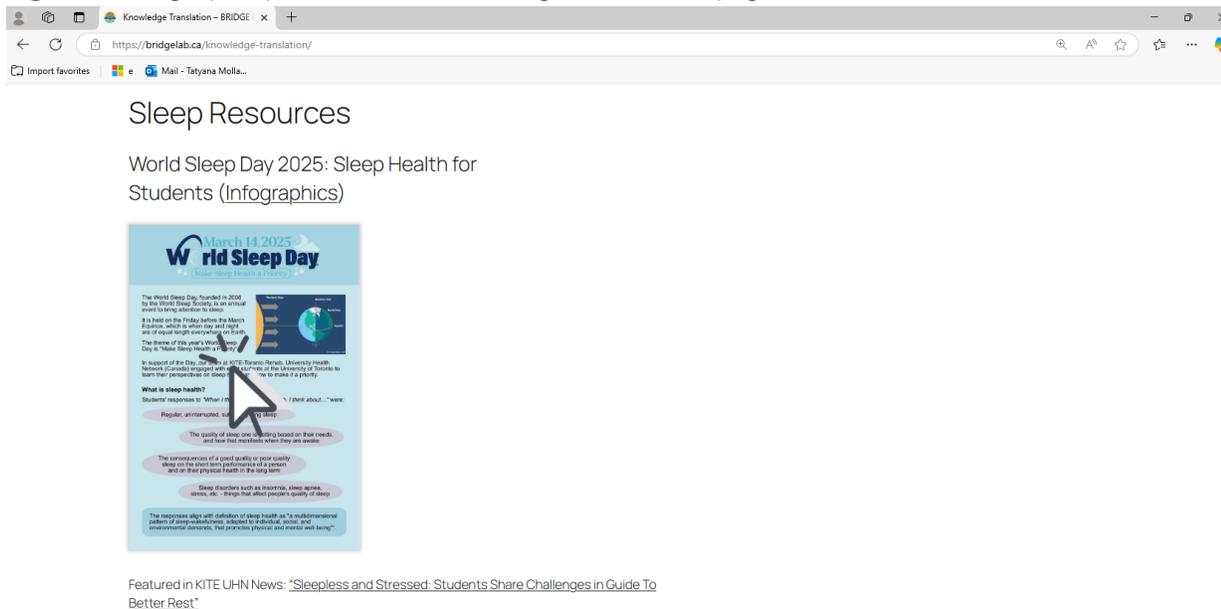


Figure 2. LinkedIn Post by Thaisa Tylinski Sant'Ana, reposted by Dr. Tatyana Mollayeva

The image shows a screenshot of a LinkedIn post. At the top, it is from Tatyana Mollayeva, MD, PhD, Canada Research Chair in Neurological Disorder and Brain Health. The text of her post says: "As our students approach the busiest time of the semester 📅, it is important to think about their sleep health and what we can do to support them. Thank you World Sleep Society for inspiring reflection on #sleephealth across the globe! 🌍". Below this is a reposted post from Thaisa Tylinski Sant'Ana, Biotechnology Specialist | Research Analyst at KITE-Toronto Rehabilitation Institute. Her post asks "How often do you think about #sleephealth?" and discusses a resource developed by the BRIDGE Lab at KITE-Toronto Rehabilitation Institute in support of the 2025 World Sleep Day theme "Making Sleep Health a Priority". It mentions a survey conducted with students from the University of Toronto. At the bottom of her post is a link to a resource titled "2025 World Sleep Day" from heyzine.com, accompanied by a small infographic image.

Figure 3. Email signature with link to sleep infographics

Warm wishes,  
Tatyana  
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***Make Sleep Health a Priority: World Sleep Day 2025! Please review [this sleep resource](#) developed with students.***

Dr Tatyana Mollayeva MD, PhD  
Canada Research Chair in Neurological Disorders and Brain Health (Tier 2)  
Scientist | KITE | Toronto Rehabilitation Institute | University Health Network  
Assistant Professor | Dalla Lana School of Public Health |  
Rehabilitation Sciences Institute | University of Toronto  
Global Atlantic Fellow for Equity in Brain Health | Global Brain Health Institute

**Figure 4.** Abstract for the Celebration of Teaching Showcase at UTSC

2025 Faculty Showcase Abstract
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← → ↻
utsc.utoronto.ca/cti/2025-faculty-showcase-abstracts

## Make Sleep Health a Priority - World Sleep Day Post-Event

**Abstract**  
 Sleep health encompasses measurable characteristics of sleep and wakefulness states that are strongly associated with physical, cognitive, and behavioral well-being. Multiple dimensions of sleep health across various levels of analyses have been included in definitions of sleep health. The celebration of the annual World Sleep Day is essential to raise awareness, enhance knowledge, and promote better sleep habits that enhance sleep health for people and communities around the world. This year's theme, "Make Sleep Health a Priority," invites us to discuss and share sleep-related knowledge, resources, and care. This session, an abbreviated version of the special interest course offered at UTSC, emphasizes sleep health, encourages attendees to consider the importance of sleep for overall health, and reflects on its implications for brain health and daily functioning. Specific objectives are to: 1. Understand sleep health essentials. 2. Consider how can to promote sleep health through research, policy, and practice. 3. Conceptualize implications of sleep health equity for personal and community health and well-being. By the end of the session, participants should be able to answer the following questions: What is sleep health? How can I monitor and improve my sleep health? Why is sleep health is important for brain and global health?

**Educator talk**

**Time**  
9:30 AM to 10:00 AM

**Location**  
IA1120 - The Brainstorm

**Presenter**  
Tatyana Mollayeva, Scientist

**Campus**  
St. George

**Department**  
Rehabilitation Sciences Institute  
Temerty Faculty of Medicine

**Delivery**  
Hybrid

## Engagement and Impact

**Figure 5.** Infographic engagement metrics on views, visitors, and visit duration from Heyzine.com, as of April 9, 2025

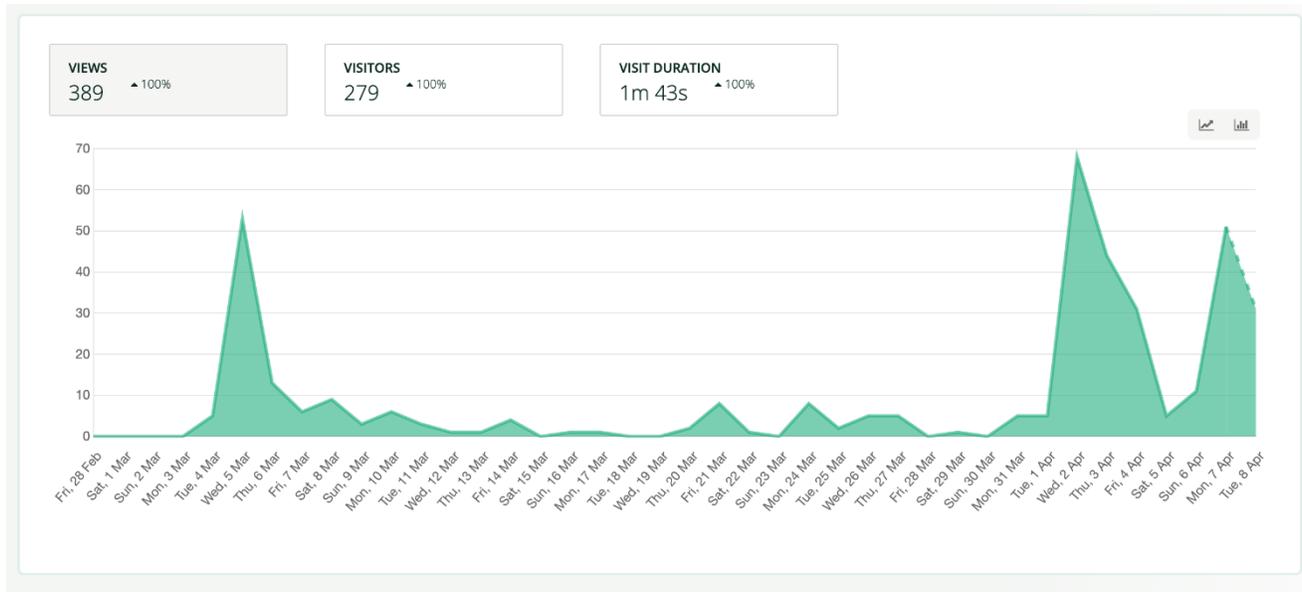


Figure 6. Infographic views by country from Heyzine.com, as of April 9, 2025

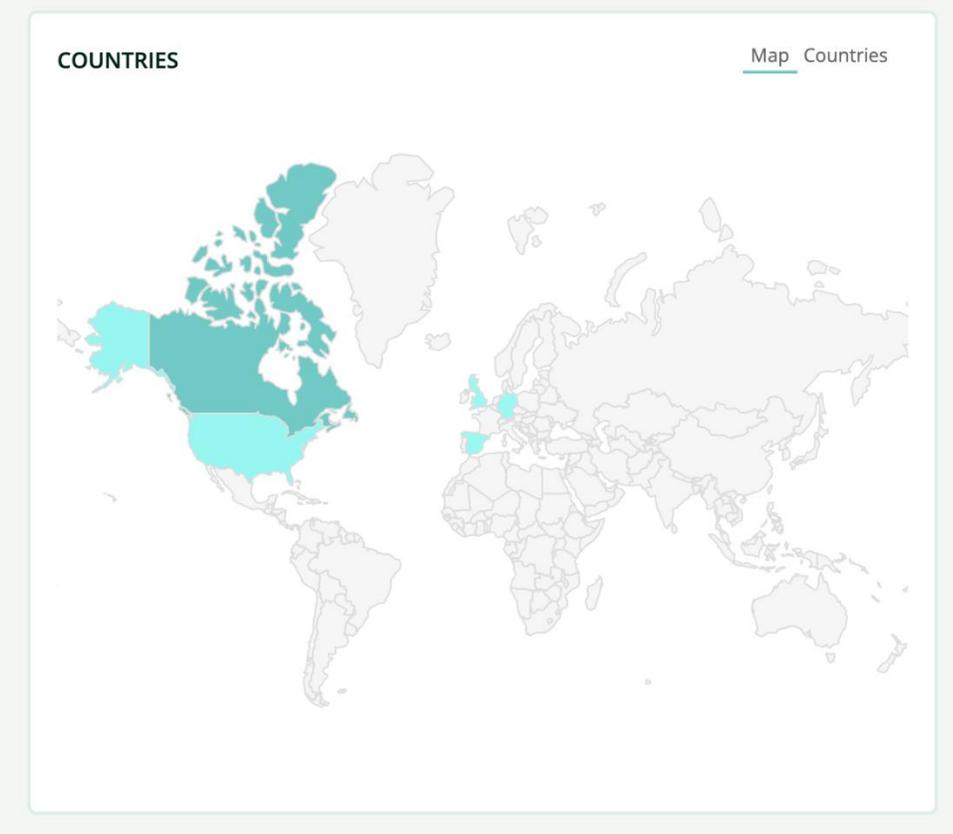
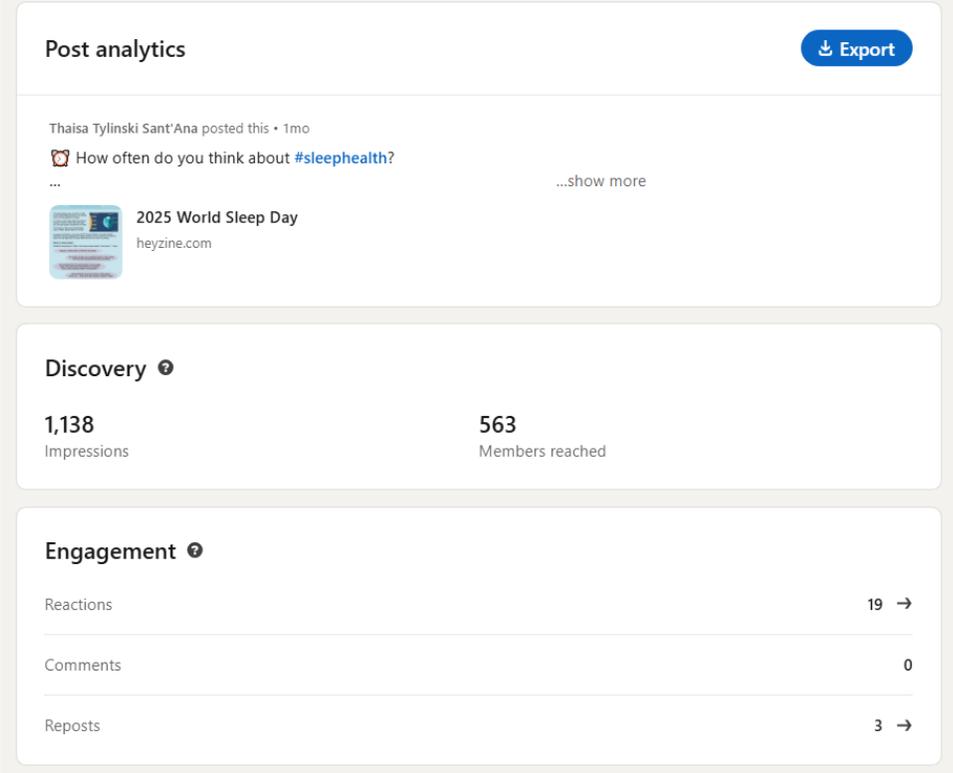
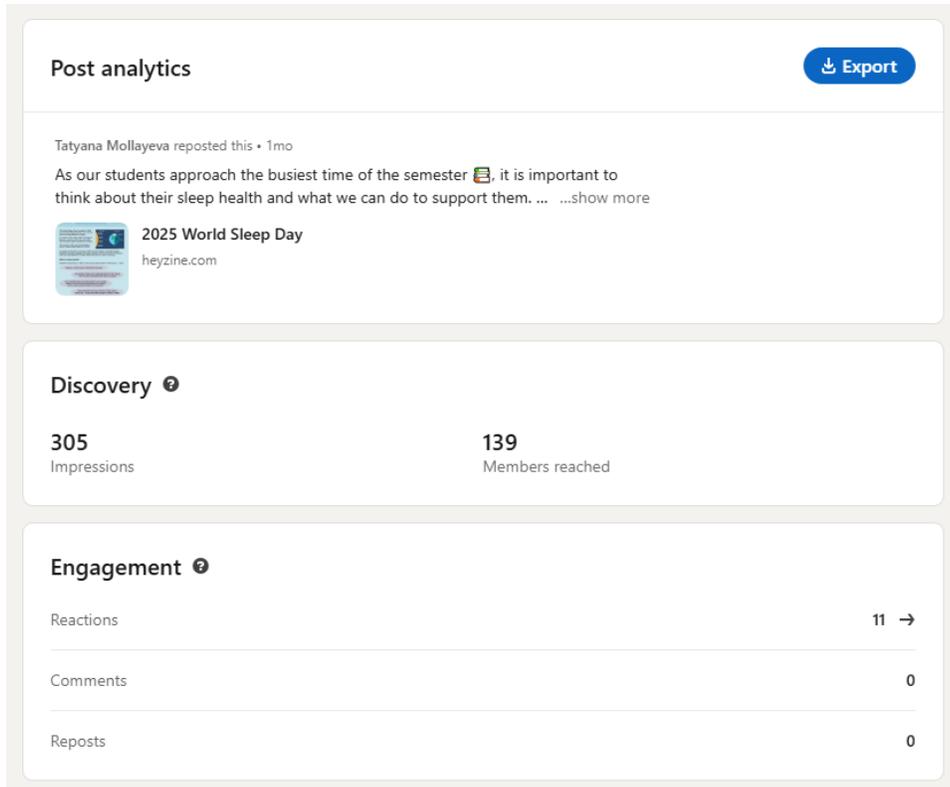


Figure 7. LinkedIn post analytics of the post by Thaisa Tylinski Sant'Ana, as of April 10, 2025



**Figure 8.** LinkedIn post analytics of the repost by Tatyana Mollayeva, as of April 10, 2025



## Conclusion

We observed significant interest in response to our initiative, from a wide range of people. This highlights the importance of continuous efforts to bring awareness to sleep and how stakeholders at different levels can contribute to making sleep health a priority and supporting those in greatest need. This was an initial reflection when we observed the slogan of the year, and also reflected in the responses of students who raised concerns about their ability to meet responsibilities and societal expectation while still attempting to make sleep health a priority. Students' responses indicated great understanding of the links between sleep and daytime performance; however, they emphasized the need for structural change to facilitate prioritization of sleep health. Future directions include interdisciplinary collaboration to tackle the challenge of poor sleep health and develop transformative approaches that re-define our relationship with sleep health across the life span of people and communities.

# Appendix

## Survey

### Sleep Day 2025: Infographic Development on Prioritizing Sleep Health

Dear all,

Thank you for your interest! The goal is to build a resource for students, and by students, with your contributions.

We prepared the questions below to understand student experiences with sleep, and what can help to make sleep health a priority. You can skip any questions you do not wish to respond.

You will have an opportunity to indicate whether you would like your name to be added to authors list of the infographics and to the sleep day [website](#). We will send a draft of the infographics to those who agreed to be added as contributors for feedback.

Thank you and warm wishes!

*\* Indicates required question*

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1. Please complete with whatever comes to mind at this moment.

When I hear the term *sleep health*, I think about...

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#### Assessing Sleep Health

In this section, you will be asked to rate your sleep health using SATED+R. Each letter stands for a domain of sleep health, and scores ranges from 0 (never) to 2 (always). This generates a final score ranging from 0 (poor sleep health) to 12 (good sleep health).

2. **Satisfaction:** Are you satisfied with your sleep?

*Mark only one oval.*

0 1 2  
Nev.    Always

3. **Alertness:** Do you stay awake all day without dozing?

*Mark only one oval.*

0 1 2  
Nev.    Always

4. **Timing:** Are you asleep (or trying to sleep) between 2am and 4am?

*Mark only one oval.*

0 1 2  
Nev.    Always

5. **Efficiency:** Do you spend less than 30 minutes awake at night? This include the time you take falling asleep and awaking from sleep.

*Mark only one oval.*

0 1 2  
Nev.    Always

6. **Duration:** Do you sleep between 7 and 9 hours per day?

Mark only one oval.

0 1 2  
Never    Always

7. **Regularity:** Do you have consistent sleep and wake times?

Mark only one oval.

0 1 2  
Never    Always

8. **Please enter your final SATED+R score:**

Dropdown

Mark only one oval.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

9. Which SATED+R domain do you feel is most impacted by your experience as a student? Why?

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**Reflections about Prioritizing Sleep Health**

10. Are there time periods where you feel your sleep health is better or worse?

*Mark only one oval.*

Yes

No

I don't know

11. If yes, what are those time periods? What happens in these time periods that makes your sleep health better or worse?

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12. Do you think that your sleep is linked to how you feel or perform during the day? Please explain your answer.

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13. Do you feel that you have capacity to prioritize your sleep health?

What are some challenges that may prevent you from doing so? What are some strategies or supports you have in place that may help you?

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#### Consent and Contributions

14. I give permission for my responses to be included in the infographics anonymously, if they \*  
are selected. No names will be provided alongside quotes or SATED+R data.

Please contact Tatyana and Thaisa if you have any questions.

*Mark only one oval.*

Yes

No

15. **If you wish to have your name as a contributor in the authors list of the infographics and sleep day [website](#)**, please send Thaisa and Tatyana an email stating you completed the form and including your name as you would like it to appear in the materials.

If you have any additional thoughts, please feel free to include them below.

Thank you for your interest and contributions!

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