



SOUND SLEEP EVALUATION PROJECT 2021

KEY FINDINGS

This evaluation project aimed to assess the impact of the Sound Sleep programme on pupils' classroom behaviour and wellbeing, assess their engagement with the material and evaluate the ways in which trainees have used the material. 162 trainees from 2019-2021 were targeted and feedback was provided through an online survey, email and unstructured interview

62%

of trainees agreed that **pupils' attention in class improved** due to the programme

69%

of trainees agreed that **pupils' sleepiness in class decreased** due to the programme

93%

of trainees agreed that **pupils' were engaged with the Sound Sleep material**

94%

of trainees agreed that **Sound Sleep is a necessary addition to the curriculum**