Let's Yarn About SLEEP!

Let's Yarn About Sleep': Co-designing a Movement for Sleep Health Equity in First Nations Communities in Australia

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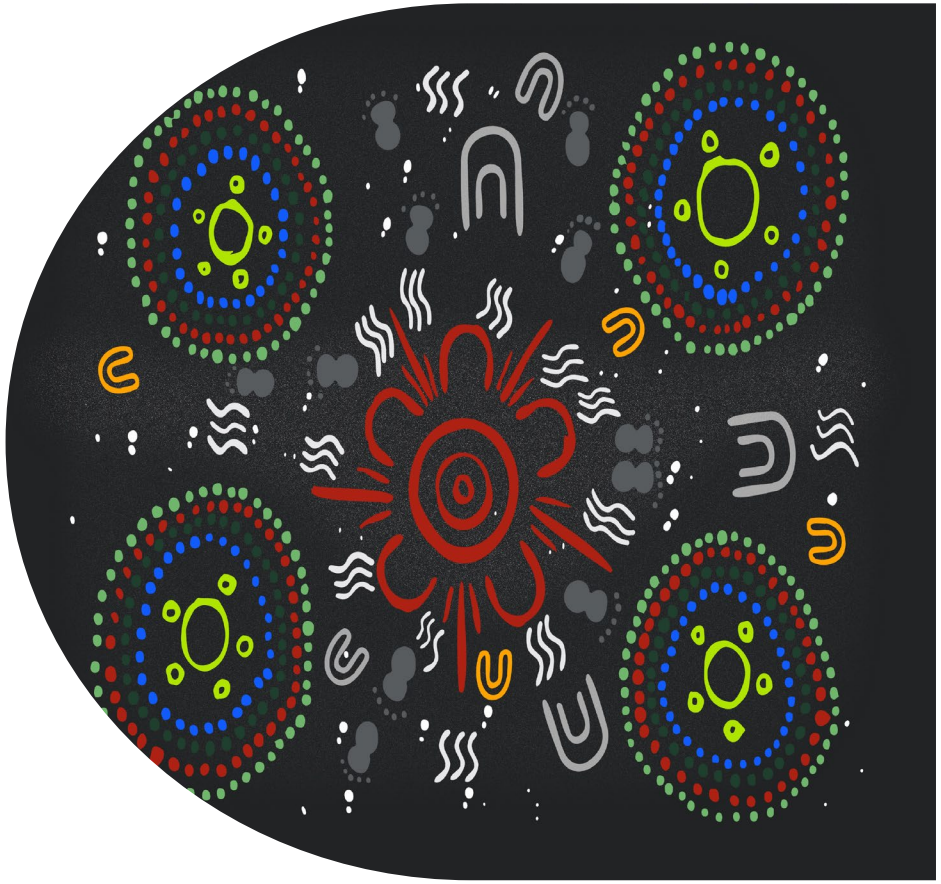
Acknowledgment of Country

Let's Yarn About Sleep (LYAS) group acknowledges the Traditional Owners and their custodianship of the lands on which we meet.

We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.



"Let's Yarn About Sleep" Artwork by Aunty Joan Marshall

Let's Yarn About Sleep (2020-2024)

- "Ground-up" movement laying the path to sleep health equity through integration of two worldviews and local capacity building
- Co-designing sleep health programs, training and upskilling the health workforce, developing service delivery models and embedding sleep in preventive health care

Let's Yarn About Sleep

- 16 communities in rural, remote First Nations communities
- 25 Partner organisations (HHSs, ACCHOs, First Nations health and wellbeing services, Schools, key advocacy groups)
- >$8 million in funding from competitive grants
- Seven awards, >550 media stories, TV and radio interviews, SBS documentary (advertising dollar value >$1.2 million)

- Co-designed sleep health program for First Nations young people (MRRF Indigenous Health Grant 2020-2024, NHMRC Partnership grant 2022-2027)
- OSA service delivery in First Nations communities (MRFF-Early and Mid Career Researcher grant 2023-2028)
- Improved Community Awareness and Timely Screening and Diagnosis of OSA in First Nations communities (MRFF- Optimising Screening, Diagnosis and Management of OSA grant 2024-2029)

Community Engagement : Definition and Key Points

"Partnering, collaborating and involving Aboriginal and Torres Strait Islander people or potential research participants to empower them to have a say in how research with Aboriginal communities is conducted."

O'Brien et al. Res Involv Engagem 8, 40 (2022)

- Responding to community priorities
- Led by community members
- Concept of time and timing
- Weaving (Wajuu)
- Third cultural space
- Finding common ground
- Relational vs Transactional

Community Engagement in Let's Yarn About Sleep Program: Protocols and Processes

LYAS Community Steering Group

#yarnabtsleep

Guiding Framework

#yarnabtsleep

Community engagement

- Non-linear (going back and forth several times from pre-project to project implementation stages)
- Non-compartmentalised

Approaching Community (Pre-project)

Researching Community

- Histories- Native Title, Land rights
- Key community members
- Existing community services or organisations
- Community values and protocols
- Conducting yourself in community

Contacting Community

- Establishing a point of contact and establishing connections
- Traditional Owners
- Elders
- Key community stakeholders

Valuing Local Community Members and Local Champions

- Key to project promotion, recruitment and community acceptance of research
- Integral to establishing and maintaining community connection

Ongoing Consultation (Design, Implementation & Evaluation)

Culturally Responsive Research

- Community steering groups
- Consultation and input in developing culturally appropriate tools and measures
- Acknowledge community diversity
- Strengths-based approaches

Community Ownership & Leadership

- Integrate community engagement with project activities
- Understand your role as a facilitator
- Investing in local community, e.g., research roles for community members

Regular Consultation & Learning

- Ongoing process throughout the project journey
- Community feedback
- Deep listening and learning

Ongoing Consultation (Design, Implementation & Evaluation)

Face-to-face Consultation

- Key to building relationships
- Visibility and accountability
- Understanding the value of the face
- Facilitates Deep Listening – Yarning
- Two-way conversations
- Listening and learning process rooted in honesty
- Support – e.g., transportation, catering etc.

Co-develop your Research

- Deep consultation with community members
- Understanding the community's needs
- Aligning community needs and research priorities
- Refining project scope and questions

Sustainability

- How does the project/research commit to long-term change and impact in the community?
- What should these changes be?
- Reciprocal relationship

Continued Connections (Post-project)

Revisiting Sustainability Plan

- Continued service/program delivery
- Community impacts

Dissemination

- Finding culturally responsive strategies
- Evidence sharing outside academia, e.g., Koori Mail
- Recognition of community researchers in research outputs

Celebrate and share the learnings

- Graduation ceremony, Community Symposium
- Thanking & acknowledging the community and participants
- Future research

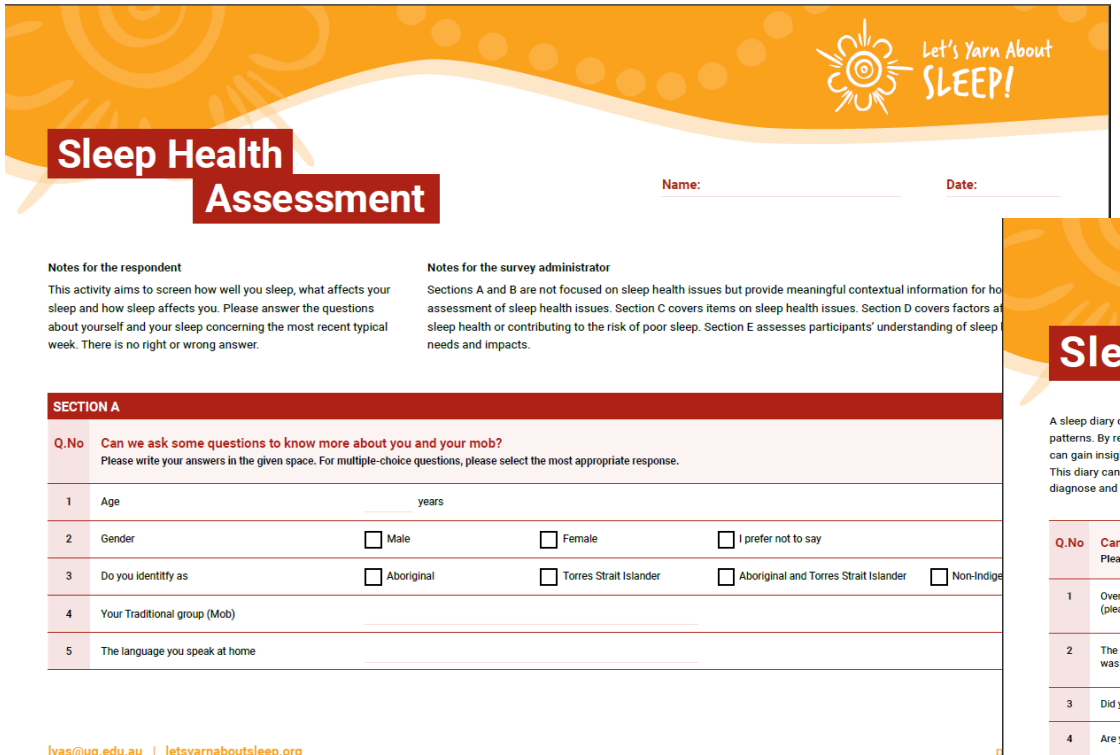
Community Engagement in Let's Yarn About Sleep Program

Community Co-design

>300 stakeholders (2020-2022)

- Community members (Elders, young people, parents/carers from 25 Traditional groups)
- Service providers (n=29)

Assessment Tools



Let's Yarn About SLEEP!

Sleep Health Assessment

Name: Date:

Notes for the respondent

This activity aims to screen how well you sleep, what affects your sleep and how sleep affects you. Please answer the questions about yourself and your sleep concerning the most recent typical week. There is no right or wrong answer.

Notes for the survey administrator

Sections A and B are not focused on sleep health issues but provide meaningful contextual information for ho
assessment of sleep health issues. Section C covers items on sleep health issues. Section D covers factors at
sleep health or contributing to the risk of poor sleep. Section E assesses participants' understanding of sleep
needs and impacts.

SECTION A

Q.No	Can we ask some questions to know more about you and your mob? Please write your answers in the given space. For multiple-choice questions, please select the most appropriate response.				
1	Age	years			
2	Gender	☐ Male	☐ Female	☐ I prefer not to say	
3	Do you identitfy as	☐ Aboriginal	☐ Torres Strait Islander	☐ Aboriginal and Torres Strait Islander	☐ Non-Indige
4	Your Traditional group (Mob)				
5	The language you speak at home				

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Sleep Diary

Name: Day: Date:

A sleep diary can help you track and understand your sleep patterns. By recording your sleep habits and related activities, you can gain insights to **improve your sleep quality and overall health.** This diary can also be helpful for healthcare professionals to diagnose and treat sleep disorders like insomnia.

Instructions for completing the Sleep Diary

- It's a simple task, just place the diary in a spot where you'll remember to fill it out each day, such as on the fridge or beside your bed.
- Complete the diary every day for seven consecutive days.
- There is no specific time of day required to fill out the diary but doing it first thing in the morning often works best.
- Answer each question in the diary as accurately as you can remember.

Q.No	Can we ask some questions to know more about things that might affect your sleep? Please write your answers in the given space. For multiple-choice questions, please select the most appropriate response.						
1	Overall, today you felt (please tick all that apply)	☐ Happy	☐ Sad	☐ Grumpy	☐ Excited	☐ Angry	☐ Other (please specify)
2	The major event during the day that affected you was (please tick all that apply)	☐ Bullied	☐ Received bad news	☐ Got into a fight/ argument	☐ None		☐ Other (please specify)
3	Did you get a meal before going to bed?	☐ Yes	☐ No				
4	Are you sleeping in a comfortable place?	☐ Yes	☐ No				
5	Are you sleeping in a safe place?	☐ Yes	☐ No				
6	During the day, did you feel sleepy?	☐ Never	☐ Sometimes	☐ Often			
7	Did you nap during the day? (If yes, for how long)	☐ Yes	(hour/s)	☐ No			

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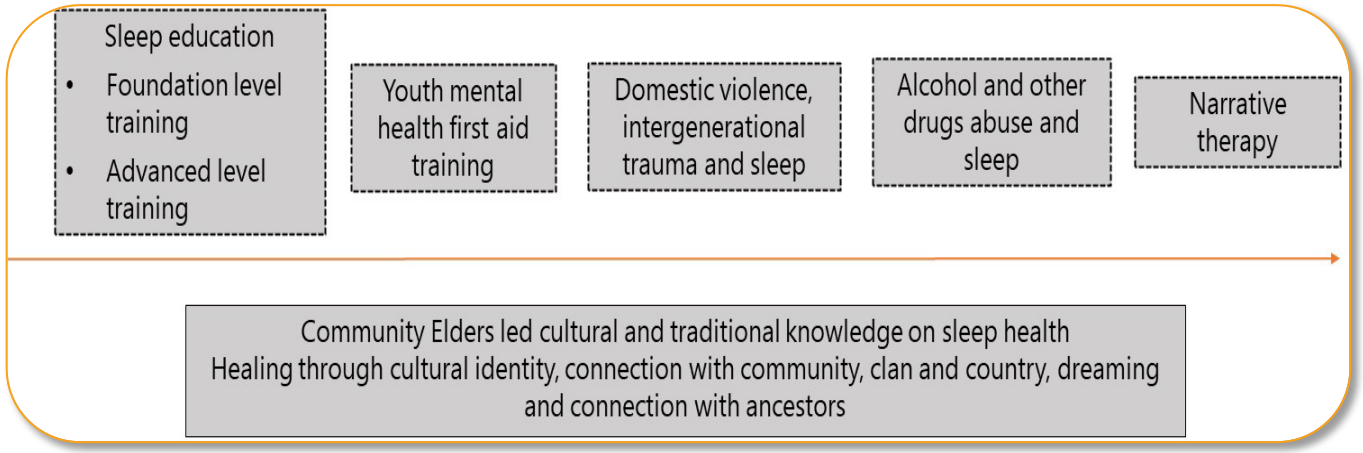
Sleep Coach Training Framework



(~50 hours of training)

Sleep Coaches (L-R): Roslyn Von Senden, Karen Chong, Markesh Fanti

Sleep Program for First Nations Teenagers

Session 1
Yarn About Sleep

What happens when we sleep, key factors affecting sleep health and developing a plan for achieving sleep health goals

Session 2
Deadly sleep: what is it and why it matters?

Impact of poor sleep and the role of sleep hygiene, goal review

Session 3
Deadly sleep: how do I get that?

Common challenges in achieving healthy sleep, sleep hygiene messages, practical steps for improving sleep health, goal review

Session 4
Deadly sleep: connecting with Country

Traditional and cultural knowledge on sleep health and strengthening cultural connections to improve sleep health, goal review

Session 5
Sleep for Strong Souls

Introduction and training on Indigenous relaxation techniques, goal review

PRE-PROGRAM

Pre-program yarning and **7 nights** of actigraphy and sleep diary data collection

$50 gift card

5 WEEKS

Session 1 · Session 2 · Session 3 · Session 4 · Session 5

$50 gift card

POST-PROGRAM

Post-program yarning and **7 nights** of actigraphy and sleep diary data collection

$50 gift card

Graduation!

Yarning with participants and families

PROGRAM JOURNEY 8–10 WEEKS

Learnings from the Let's Yarn About Sleep Program

Community engagement is ongoing and continuous

Each step of the project needs to be rooted in these processes

Steering Group- diversifying representation

Important to incorporate the voices of all stakeholders

Working with community

Working with the community means working at community pace

Investing in local community

Employment, training and capacity strengthening

Understanding community diversity

Each community is unique and have different priorities

Celebrating our achievements

Graduation ceremony, Symposium

Community ownership

Inclusion of local artists in project resources & promoting inclusivity with LYAS T-shirts

Community Champions

Recognition of local people in media, awards, conference and other events

Key Messages

- Community engagement, following proper processes, and reciprocal relationships are critical for impactful research
- Trust and relationships are key to meaningful community engagement
- Local leadership offering rich knowledge of cultural protocols, community context, and strengths is integral for community acceptance

Let's Yarn About SLEEP!

Thank you!

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