DHA
Defense Health Agency

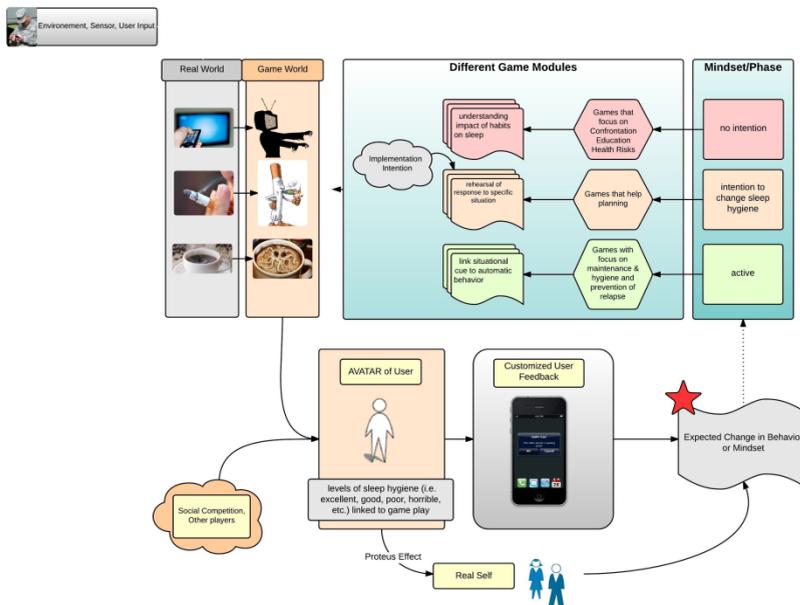# Nighttime Alleviation Play & Practice (NAPP)
...individualized mHealth solutions for better sleep

NAPP is an mHealth game prototype designed to promote the change of negative health behaviors that negatively impact sleep quality.
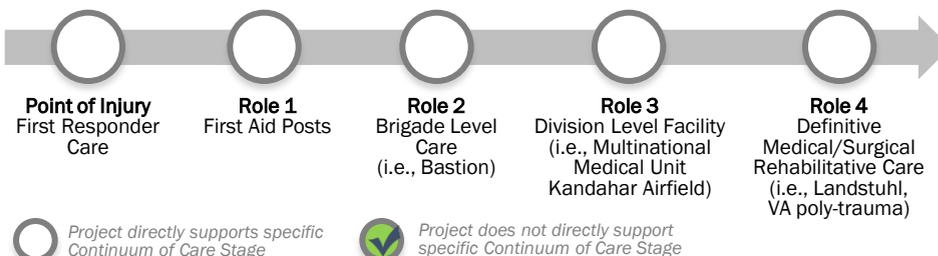
NAPP is a mobile app that uses a novel step-wise approach based on personal needs and goals to provide individualized solutions and facilitate behavior change. It integrates environmental triggers from the 'real world' into the 'game world,' where real-world goals turn into game challenges. NAPP identifies the individual's level of motivation to change sleep patterns and selects appropriate game modules. The objective is to facilitate turning intentions into action. NAPP uses evidence-based models of behavioral change, such as Implementation Intentions (Gollwitzer) and the Health Action Process Approach (Schwarzer). NAPP can considered a tailored intervention, designed to improve the well-being of Service members with minimal intrusion.

Key Features

- mHealth Game targeting individual needs and goals
- Evidence-based intervention
- Storyline supporting identification with main character (avatar)
- Game that helps with planning concrete steps to improve sleep hygiene
- Integrates sensor data to understand individual context and needs
- Integrates environmental and social cues that impact sleep
- Gamification strategies to increase engagement and acceptability
- Non-medical wellness app, unregulated by FDA
- Plans to integrate with current health data management systems for all platform

Supporting the Continuum of Care

Point of Injury	Role 1	Role 2	Role 3	Role 4
First Responder Care	First Aid Posts	Brigade Level Care (i.e., Bastion)	Division Level Facility (i.e., Multinational Medical Unit Kandahar Airfield)	Definitive Medical/Surgical Rehabilitative Care (i.e., Landstuhl, VA poly-trauma)

○ *Project directly supports specific Continuum of Care Stage*

✓ *Project does not directly support specific Continuum of Care Stage*

This project is managed by the **Pacific Joint Information Technology Center**, which focuses on rapidly researching, testing, and developing warfighter medical solutions and products, through pilots or prototypes in support of the DOD.