DHA
Defense Health Agency

SIFT
Smart Information Flow Technologies

NAPP
Nighttime Alleviation Play & Practice
...individualized sleep strategies for better performance

NAPP
DEAD TIRED

NAPP mHealth game uses evidence-based strategies to facilitate real world behavioral change to impact sleep quality

NAPP is a mobile serious game app that uses a novel step-wise approach based on individual difference in readiness to change. It obtains real-world measures from health management systems and integrates them into a compelling 3rd person role playing game, where real-world goals and positive behaviors are transformed into game challenges and rewards. NAPP identifies the individual's "mindset" and selects appropriate game modules to ensure the most effective interventions are presented at the right time. NAPP uses evidence-based models of behavioral change, such as Transtheoretical Model of Behavioral Change (Prochaska).

STEPS	WHAT?	HOW?	Stages of Change
	POOR SLEEP HYGIENE		
1	PROBLEM IDENTIFICATION	PHONE SENSORS & QUANTITATIVE INFORMATION	Problem is not recognized (Precontempaltion)
2	UNDERSTAND INDIVIDUAL CONTEXT AND MINDSET	AWARENESS VIA LONG-TERM TRACKING OF BEHAVIORAL PATTERN	Problem is recognized (Contemplation)
3	INCREASE MOTIVATION	INCREASE INBELIEF IN ONE'S ABILITIES, GAME MECHANICS IMMERSIVE EXPERIENCE	Begins planning for Change (Preparation)
4	LEARNING BY DOING (PLAYING)	Master Game Challenges, Apply New Knowledge	Begins to exhibit new behavior (Action)
5	IMPLEMENTATION USING REAL-WORLD CUES	Link Situation-Critical cues with Behavioral Goals	Exhibit new behavior consistently in new contexts (Maintenance)
	IMPROVED SLEEP HYGIENE BASED ON INDIVIDUAL NEEDS		

Compelling game environment and storyline to deliver highly personalized knowledge and tactical, actionable strategies for each soldier to incorporate healthy behaviors into their own lives.

Key Features

- mHealth game targeting individual needs and goals
- Intervention based on research evidence
- Storyline supporting identification with main character
- Game that helps with rehearsing of concrete planning steps to improve sleep hygiene
- Integrates sensor-data to understand individual context and needs
- Integrates environmental and social cues that impact sleep as part of the game to elicit more adaptive automatic response
- 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 platforms

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