

SLUMBER Lab Newsletter

No. 04 | March 2026

We gratefully acknowledge that the UBC Okanagan School of Nursing is situated on the traditional, ancestral, unceded territory of the Syilx Okanagan Nation.



A LAB UPDATE

Welcome to the SLUMBER Lab newsletter for March 2026!

Please continue reading to review some research opportunities, study progress updates, and team member highlights! If you have any questions or comments, please don't hesitate to reach out to us.

Sincerely,

The SLUMBER Lab Team

Where to Find Us

-  slumber.lab@ubc.ca
-  www.instagram.com/slumberlab/
-  www.youtube.com/@SLUMBERLab
-  www.facebook.com/LabSlumber/
-  www.blogs.ubc.ca/slumber/

Acknowledgements



 Social Sciences and Humanities
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THE UNIVERSITY OF BRITISH COLUMBIA
Okanagan Campus

Current Research



Sleep Health Equity Engagement Project (SHEEP)

The SHEEP project has established a steering committee and has co-created a survey with the public partners on the steering committee. After the initial sharing of the survey, the SHEEP project has recruited 83 participants. This study is currently looking for participants. More info below!



Promoting Healthy Sleep for Early Childhood (PHS-EC) program

The PHS-EC program is an online training program for multidisciplinary healthcare providers that provides information related to the assessment and treatment of sleep problems in children under the age of 5 years. This study is currently recruiting healthcare providers. More info below!



SLUMBER Project Phase 2

The focus of this study is to collect caregiver feedback to refine a prototype into a medium-fidelity prototype with the goal of creating a eHealth program that meets families' unique needs and can be easily integrated into daily life.



P3 Cohort Fathers' Digital Preferences

The focus of this study is to understand and improve the experiences of fathers during the critical transition from NICU to home. Currently, 5 fathers have completed the study.

See next page for more information
on how to participate!

Be a voice in the future of Canadian sleep health research!

The Sleep Health Equity Engagement Project is looking for people who want to **shape future sleep health research** by sharing their ideas about important questions for future studies.

Dr. Elizabeth Keys (University of British Columbia Okanagan), **Dr. Christine Ou** (University of Victoria), and **Dr. Marie-Hélène Pennestri** (McGill University) are the principal investigators of this study.

Chance to Win A Prize:

- participants are entered into a draw for a chance to win 1 prize (20 prizes available)
- choose between \$25CAD gift card or a book on sleep

Please complete the 15-20 minute survey linked below if you wish to participate.

Eligibility:

- 14 years or older, and
- live in Canada, and
- be part of/work with people whose voices aren't often heard in research, or
- have interest in sleep health equity

← Scan **THIS QR code** or **click the link** to complete the survey online. [Click here!](https://ubc.ca1.qualtrics.com/jfe/form/SV_6g9k6149pL7Dhhc)

If you'd like to complete the survey over the phone, please email us at sleep.engage@ubc.ca or call 250-807-8423.

The Sleep Health Equity Engagement Project (SHEEP) team is looking for participants for a sleep health equity survey!

They are looking for people who are part of or work with groups that are not often included in research. They also want to hear from people who are interested in sleep health equity. Participants will share their ideas to guide research teams on what to study next in sleep health research. Each participant will have a chance to enter a prize draw to win a \$25 gift card or a book about sleep health.

To see if you are eligible and start the survey, please follow the link below:

https://ubc.ca1.qualtrics.com/jfe/form/SV_6g9k6149pL7Dhhc

You can also complete the survey over the phone by calling 250-807-8423.

This study is being led by Dr. Elizabeth Keys (UBCO), Dr. Christine Ou (University of Victoria), and Dr. Marie-Hélène Pennestri (McGill).

If you have any questions, please email: sleep.engage@ubc.ca.

Healthcare Providers!!!



The **Promoting Healthy Sleep for Early Childhood (PHS-EC) program** is an online training program for multidisciplinary healthcare providers that provides information related to the assessment and treatment of sleep problems in children under the age of 5 years.

We are inviting healthcare providers who have experience working with children under the age of 5 years to review the five sessions in the program and provide feedback through post-program questionnaires and a brief interview. Each unit consists of short videos, case studies, and optional additional readings and resources.

This study will involve completing three pre-program questionnaires (~20 minutes) and the PHS-EC program within two weeks (~3-4 hours in total), followed by completion of four post-program questionnaires (~35 minutes), and participation in an interview scheduled at a time that is convenient to you (~30 minutes).

To be eligible for this study, individuals must:

- Be a licensed or registered healthcare provider (with fluency in English) practicing in Canada (e.g., physician, psychologist, nurse, or other allied health professional [e.g., social worker, occupational therapist, etc.])
- Not consider themselves to be a sleep expert or work in a clinical practice mainly focused on pediatric sleep
- Have worked with at least 2 children under the age of 5 years with sleep concerns in the last 2 years
- Not have previously participated in the Promoting Healthy Sleep – Child usability study or other research related to the Promoting Healthy Sleep for Early Childhood program

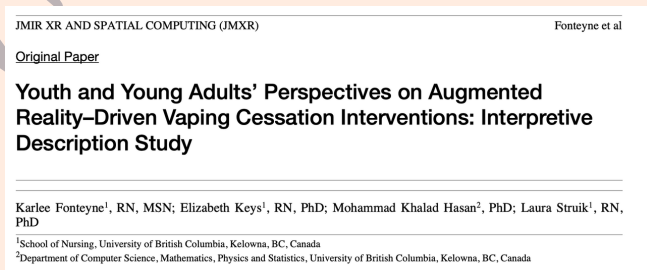
If you are interested in participating, please follow the link below to complete a screening questionnaire and to review and complete an Information and Consent Form:

<https://redcap.its.dal.ca/surveys/?s=H3CE7P3WKTFNYRJ9>

If you have any questions, please contact us by sending an email. Please note that we may send up to four additional email reminders. If you would not like to receive these reminders, please email us and request to unsubscribe.

Thank you,
Promoting Healthy Sleep for Early Childhood Research Team

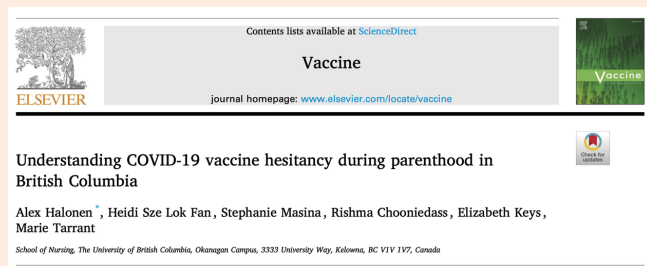
Published Articles



Fonteyne, K., Keys, E., Hasan, M. K., & Struik, L. (2025). Youth and Young Adults' Perspectives on Augmented Reality-Driven Vaping Cessation Interventions: Interpretive Description Study. *JMIR XR and Spatial Computing (JMXR)*, 2, e79674. <https://doi.org/10.2196/79674>



Brockway, M., Khalid, M., Khalil, Y., Rusi, H. C., Asbury, M. R., Arrieta, M. C., ... & Festival, J. (2025). Comparing Impacts of Donor Human Milk to Formula Supplementation on the Gut Microbiome of Full-Term Infants Born Via Cesarean Section: Protocol for a Pilot Randomized Controlled Trial. *Journal of Human Lactation*, 41(4), 575-586. [doi:10.1177/08903344251369442](https://doi.org/10.1177/08903344251369442)



Halonen, A., Fan, H. S. L., Masina, S., Chooniedass, R., Keys, E., & Tarrant, M. (2025). Understanding COVID-19 vaccine hesitancy during parenthood in British Columbia. *Vaccine*, 61, 127305. <https://doi.org/10.1016/j.vaccine.2025.127305>



Fan, H. S. L., Choi, E. P. H., Keys, E., Chooniedass, R., Masina, S., Halonen, A., ... & Tarrant, M. (2025). COVID-19 Vaccine Hesitancy Scale: Psychometric properties and validation among pregnant and breastfeeding persons and parents. *Vaccine: X*, 100720. <https://doi.org/10.1016/j.jvaxx.2025.100720>

Unable to access a publication?

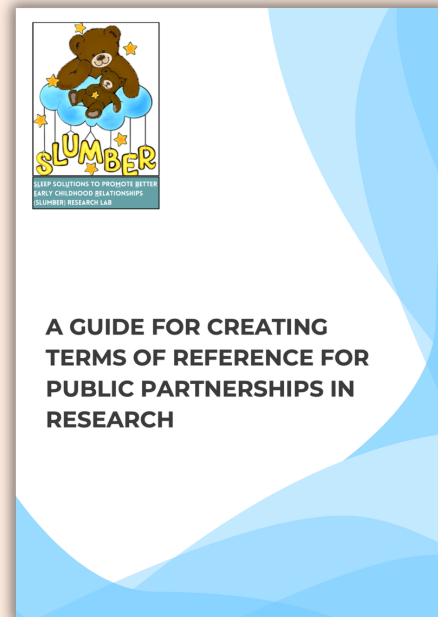
We do our best to ensure our research is accessible to everyone! If you are unable to access to a publication, please email slumber.lab@ubc.ca and we will share it with you.

New UBC cIRcle publication!!

A Guide for Creating Terms of Reference for Public Partnerships in Research

Matin, M., Komanchuk, J., & Keys, E. M. (2026). A guide for creating terms of reference for public partnerships in research [R].

[doi:http://dx.doi.org/10.14288/1.0451333](https://dx.doi.org/10.14288/1.0451333)



Public Webinar – Chasing Twilights: A Cross-Canada Journey into Sleep Science on March 13 (World Sleep Day), 6:30 p.m. Eastern

Register here: <https://uottawa-ca.zoom.us/join/YZRaTl4qQkaQDIWx7-Mjw>

Sleep experts from across Canada will explain the science behind sleep health, circadian rhythms, and the impact of daylight saving time. The conference will begin with experts based in the Maritimes, then cross the continent to end in British Columbia.



Lab Coordinator Highlight!

Tai-Lin Michon.

Tai-Lin completed her BSc Psychology from UBC Okanagan in 2022. She is involved in several projects in the SLUMBER Lab, including The SLUMBER Project, School Start Time scan, and an environmental scan of online infant sleep resources. Tai-Lin hopes to pursue a PhD in Clinical Psychology in the future. In her free time, she enjoys rock climbing, hiking, and backcountry camping!