



# Universidade de Évora

## Open call rules

Applications for Admission: Curso de formação em Saúde do Sono (Sleep Health)  
Academic Year 2025/2026

### 1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

### 2. Coordenador(a)

Maria Dulce Damas da Cruz (dcruz@uevora.pt)

### 3. Program description

Sleep health is a fundamental aspect of overall well-being and plays a crucial role in our quality of life. During sleep, our body performs essential processes, such as physical recovery, memory consolidation, and emotional regulation.

A course on sleep health cover topics such as the importance of good sleep hygiene, the effects of sleep deprivation, strategies to improve sleep quality, including practical tips for creating a restful environment and relaxation techniques.

By integrating awareness of sleep health into the health context, we are not only improving the quality of care but also empowering the individual to take an active role in their own health. This approach contributes to more comprehensive and effective care, promoting health and well-being in all its dimensions.

### 4. Objectives

At the end of the Micro-credential, it is intended that the student has developed the skills that allow him to:

1. Understand the impact of sleep on health and well-being and recognize its relationship with lifestyle and the practice of integrative nursing.
2. Guide effective interventions, identify factors influencing sleep quality, including stress, diet, and physical activity.
3. Promote strategies for a healthy sleep: use evidence-based techniques such as cognitive-behavioral therapy and integrative practices.

## 5. General conditions of access and admission

### i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

### ii Specific admission conditions

Healthcare Professionals, graduate.

### iii Required academic qualifications Higher Education - Degree 1st Cycle (Bologna) or Equivalent

### iv Necessary documentation

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;

## 6. Selection Process

Date of application submission.

## 7. Maximum number of admissions

- Maximum number of admissions: 59

## 8. Minimum number of students

Minimum number of students: 10

## 9. Tuition fee

- Tuition fee: 0,00 €

This course is covered by the PRR's Digital Plus Impulse. Students may be eligible for completion prize, in accordance with [Regulation](#), to be paid into a bank account held by the student.

## 10. ECTS

- Number of ECTS of the program: 3

## 11. Horas de Contacto

- Total de horas de contacto: 26

## 12. Learning Type

e-Learning

## 13. Schedule type

Mixed

## 14. Classes location

Évora University

## 15. Classes schedule (week days and schedule)

Monday 17h-21h (online)  
Wednesday 17h-21h (online)  
Saturday 9h-18h (presencial)

## 16. Program Dates

- Program Start Date: April 13, 2026
- Program End Date: April 18, 2026

## 17. Application Dates

- Applications Start Date: December 29, 2025
- Applications End Date: March 18, 2026
- Announcement of Results (until): March 25, 2026
- Enrollments Start Date: March 25, 2026
- Enrollments End Date: April 2, 2026

March 27, 2026

The Rector

Hermínia Vasconcelos Vilar