**Community Sleep Health and Public Awareness Grant**

**Project Proposal Template**

All project proposals are required to use this template. Replace the italicized gray and any instructional text in the template with your response. You must retain the bold headings and write your response directly after the bold heading. Applicants are also required to use the following formatting:

* Header: Include the Project Leader’s full name on every page in the top-left corner
* Font: Times New Roman 11 pt or 12 pt font; figures, tables, and captions may have 8 pt font
* Spacing: Single
* Margins: No less than 0.50 inches. (The header may fall within the top margin, but the body text may not begin closer than a half-inch from the edge of the page.)
* Page numbers: Consecutive
* Page limit: Three pages (excluding references)
* File format: PDF
* References:Suggest all references as in-text citations using AMA citation style, but other citation styles are accepted

Please note that proposals that do not abide by the formatting requirements or do not use this template with be automatically withdrawn from consideration.

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| **Project Title:****Project Leader:**  |

1. **Project Need and Population Served**
* *Briefly provide background on the sleep health issue and why addressing it at a community level is important.*
* *Describe the characteristics of the community and its members to be served and anticipated total number to be served by the project.*
1. **Project Plan**
* *Describe the project’s goals and its main activities. Include the frequency/duration of project activities, services and the resources.*
* *Provide a justification for the project period (one-time engagement or longer duration) and its relation to the project impact.*
1. **Project Evaluation**
* *Briefly describe the main outcomes that will be assessed and how this program/project will impact those outcomes to improve the sleep health of the target community(ies).*
* *Describe how the outcomes will be measured.*
* *If a longer-term project, describe how the outcomes of the project will be sustained after the grant funding period ends.*
1. **Dissemination**
	* *Provide a plan for disseminating results and work produced from the project and rationale for why those dissemination method(s) were chosen.*
2. **Project Impact**
* *State the potential impact/significance the project will have on the community and the target population.*
1. **Project Team and Organizations**
* *List the project leaders and team, along with their specific roles in the project and how they will contribute to the success of the project.*
* *Explain who will be the lead organization and any collaborating organizations that will work on the project, including the nature of the collaboration and how they will contribute to project success.*
1. **References**