

Sleep Health & Digestion

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Sleep quality, gut health and the immune system are all inextricably linked.

This presentation explores the connection between the circadian system, emotional wellbeing and gastrointestinal health, analysing the concept of the microbiome-gut-brain axis, and sharing current thought on:

- The role that sleep plays for improved digestive health
- How the gut microbiome affects sleep quality
- Daily tips for improved sleep quality and gut health

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.