



Sleep Health & Hygiene

Length: 1hr

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

Details: Sleep quality influences performance, stress levels and general wellbeing. However, modern culture is failing to give rest the value it deserves. People are sleeping less due to a number of factors including stress, increased workload, always-on culture and technology.

This one hour presentation introduces the basics of healthy sleep.

Topics include:

- Introduction to the circadian system – the body clock
- Analyse the negative impact of sleep deprivation on cognitive performance and long term physical health.
- Examine behavioural factors that positively and negatively impact sleep
- Managing Technology Use
- Tips to beat insomnia
- Actionable tips and practices – Helpful daytime habits, nutrition tips, and nighttime routines to improve sleep quality
- Relaxation Techniques

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.