

# Sleep and Wellbeing



**Lack of quality sleep affects productivity, engagement and stress levels making it an important topic for employers to address. CiC have developed a session to address the epidemic of poor sleep and to give tips for getting a healthy, restful night's rest. We can deliver this session live in person and as a webinar.**

Most of us do not think about the impact poor sleep can have on our performance, relationships and behaviour both at work and at home, many people experience disturbed sleep on a regular basis. For those who have a poor sleep pattern, each working day can present many challenges which those who enjoyed a full night's rest may not recognise.

## Features

This session will cover the following;

- ▶ The benefits of good sleep and the dangers of poor sleep
- ▶ Tried and tested practical tools and tips to improve our chances of good sleep
- ▶ An opportunity for your employees to discuss this topic with a mental health professional who is able to speak about some of the more involved reasons for poor sleep

## Benefits

Attending this session will mean your employees . . .

- ▶ Will understand the benefits of good sleep
- ▶ Can make a few practical changes to their day to improve their chances of good sleep
- ▶ Will have chance to address individual concerns they have with a mental health professional
- ▶ Will have greater awareness of your EAP, the support it offers and how to access it