

Sleep Workshop

Engaged, Resilient & Productive team/s
with optimal sleep and wellness.



Created and Delivered by a Registered Nurse and Sleep-Science Coach

Style



Interactive

Employees reflect on their sleep habits and ask questions as needed.



Customised

Employees receive customized ways to apply the newly obtained knowledge



Virtual or live

Vancouver, BC for live workshops. Anywhere for virtual workshops.

What Is Covered

1

What is sleep and what happens during sleep?

- Sleep Cycle and Sleep Hygiene.

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Why is sleep important and what happens if you don't get enough?

- How sleep affects all your organs
- Difference between sleep deprivation and exhaustion

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3

Common sleep disorders and when to see a doctor.

4

Practical steps to improve sleep immediately.

- Principles to make prioritizing sleep simpler and sustainable, despite daily stress.
- **Sleep Hygiene:** How to prepare your mind, body, and environment to fall asleep easily and remain asleep through the night.
- How to create a winning bedtime routine that suits your personality and needs
- How to optimize your hormones for a better night's sleep?
- Understand how thyroid health affects your sleep and what you can do to improve your thyroid health.
- How does food affect sleep and in what ways to optimize your nutrition for better sleep?
- Why your gut health is a predictor of your sleep health and what simple ways to restore your gut health for better health and sleep?
- Five take-away sleep meditations

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\$468/person

tax included

- 4 hour interactive, and customized workshop
- 1-hour personalized sleep coaching session over the phone
- 1 Month email support with resources for better sleep