



# SLEEP for SUCCESS

Employee Wellness  
Programs to Optimize  
Performance

## What You Get

- ✓ Live, custom seminar with Q&A
- ✓ Sleep Cheat Sheet with proven tips and links to resources
- ✓ Quarterly follow up sessions to showcase improvements
- ✓ 1-on-1 Sleep Consults (Optional)
- ✓ SleepSpace App for all team members (Optional)


**Custom pricing available upon request**


## Outcomes That Matter

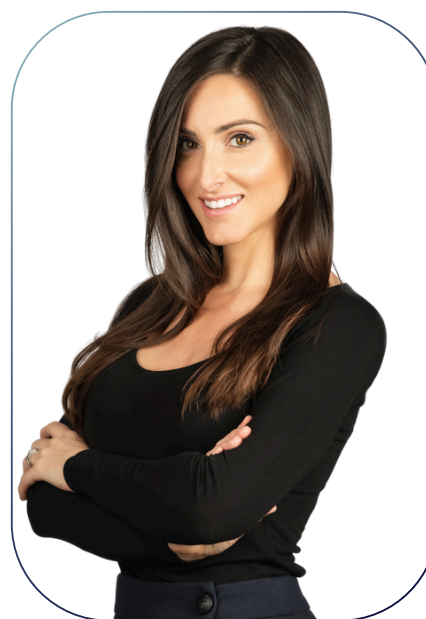
- ◆ Support your team and reduce burnout
- ◆ Enhance focus and productivity
- ◆ Improve team communication, with leadership that is more connected
- ◆ Fewer sick days, higher morale, and smarter decision making

 **\$136.4 billion is lost annually due to sleep-related productivity issues**

 **69% of American workers struggle to focus at work without good sleep**

 **People who get 7+ hours of sleep earn more and lead with better emotional intelligence**

 **Sleep-deprived workers are 70% more likely to cause workplace accidents and 2X more likely to call out sick**



## Clinical expertise meets elite fitness knowledge

Programs created by Teresa Power (Board Certified in Clinical Sleep Health) and Sarah Petroski (Personal Trainer with a post-grad degree in Sleep Medicine).  
We've worked with hundreds of patients and clients to transform rest into your team's secret to success

**Is SLEEP the missing link to your team's success?  
Let's Chat!**

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