



WEBINAR

Supporting Sleep in the Workplace

from The Sleep Charity



We thoroughly enjoyed our webinar from The Sleep Charity. It was engaging and informative and they gave some great suggestions to help improve our employees wellbeing”

- Lukasz Lada
Direct Line Group

Sleep is essential for health and wellbeing yet it is estimated that 40% of the population suffer with sleep issues.

Research clearly demonstrates that if we do not get adequate sleep our physical and mental health can be adversely affected.

There are 200,000 working days lost in the UK every year to insufficient sleep and poor sleep costs the UK economy £40 billion a year, set to steadily rise to £47 billion by 2030 (RAND 2016).

When employees sleep well, performance and concentration is improved, stress levels decrease and there is reduced absenteeism and presenteeism.

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Our corporate online learning packages are aimed at supporting your wellbeing strategies: educating and training staff groups on all aspects of sleep and how it impacts on their physical and mental health.

WEBINAR COSTS

Lunch & Learn Webinar (50 mins) - £175

An interesting and engaging overview to help staff teams understand why we sleep, the importance of sleep to health and wellbeing, myths around sleep and practical strategies to effectively improve your sleep. Includes time for Q&A and where to seek additional help.

Bespoke Webinar (60 mins) - £295

Our bespoke webinars are tailored to your specific requirements and can be designed to be more interactive. We would work with you to discuss your organisation's key wellbeing priorities e.g. a webinar structured around sleep and mental health or one around shift work and sleep.

All webinars are to be held through your own appropriate platform eg. Zoom, Teams etc.



Sleep is a complex and fascinating subject and The Sleep Charity made it more accessible and even more interesting."

- Aaron Bohannon,
Everyone Health



For other packages to help improve the sleep of your workforce, please contact us for more details.

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or visit thesleepcharity.org.uk





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