



Wellness Lunch & Learn - one hour sessions

Optimising Sleep (1 hour)

The quality and quantity of sleep that we get on a regular basis have a direct effect on our health and wellbeing, energy and personal performance levels. Whilst many people find it easy to fall asleep within the first 15 minutes of getting into bed and turning out the light, many of us know the frustration of not being able to sleep, even though we may feel exhausted.

This presentation explores some of the myths and realities of sleep, provides attendees with the opportunity to assess their 'sleep hygiene' levels and delivers a multitude of ideas for improving the quantity of good quality sleep.

- How much sleep do you really need?
- Sleep patterns, the body's clock and the truth about naps
- The optimum sleep environment
- Developing a pre-sleep routine
- Dealing with the three main 'sleep thieves'
- Fitness for sleep – the importance of exercise
- The best foods to help you sleep and the optimum times to eat them
- What to do when thoughts, worries and anxieties keep you awake
- What you believe about how you sleep determines how well you sleep
- Self relaxation techniques for mind and body