



People work better when they feel good.

# WEBINAR: SLEEP SMARTER STRATEGIES

## Strategies for a better Sleep (1 hour)

**With almost 50% of us sleeping less than the recommended 7–9 hours, sleep deprivation is compromising our health, work productivity, and quality of life.**

During this webinar, you'll learn about the science behind sleep and gain some helpful tips to improve your sleep hygiene and set yourself up for the best night's sleep possible.

### This includes:

- Why we need 7–9 hours of sleep every night
- The stages of sleep
- Our circadian rhythm controlling sleep
- The risks of sleep deprivation and common sleep disruptors
- Strategies to improve your sleep
- How to get to sleep and back to sleep when waking in the night.

### What is included:

- Q & A – Send questions in prior
- A sleep 'quiz'
- A sleep tracker worksheet
- Sleep hygiene strategies
- A recording of the webinar

**Cost: \$895+gst and travel expenses if face to face**

### Testimonial:

"It was good that the presenter had real experience of insomnia and had used that experience as motivation to learn about sleep, how to maximise it and how to help others who struggle to sleep." [Hutt City council workshop participant](#)



### The Presenter:

Jenny Stewart holds a Bachelor of Science and post grad in Public Health. Lifelong periods of insomnia and a 'busy brain' compelled Jen to specialise in sleep. During this webinar she'll share evidenced based and practical sleep hygiene tips to help you enjoy quality sleep again.

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