



Sleep Science Workshop

Face-to-face & online

Humans spend one-third of their lives sleeping. Far from being “unproductive,” sleep plays a direct role in how energetic, alert and productive the other two-thirds of our lives can be. Like most things in life practice makes perfect and managing sleep is no exception. The practice of following guidelines in an attempt for more restful and effective sleep is known as sleep hygiene.

The sleep science workshop aims to improve the quantity and quality of sleep for participants through the provision of information and tips on how to create good sleep hygiene, develop sleep routines and maximise knowledge of how sleep impacts on their broader health.

Who should attend: General workforce

Duration: 1 hour

Participant numbers: Recommended 0 – 25 max

Delivery method: Face-to-face or virtual training

Learning objectives & content.

1. To understand the role of sleep and outline good sleep hygiene practice.
2. To understand the impacts of not getting enough sleep (e.g. learning, memory, impairment, performance, immunity and longevity)
3. To understand external factors that can disturb or support sleep (e.g. caffeine, alcohol, medication)
4. To provide information and tips for achieving good sleep hygiene practice.