
The better sleep workshop **for Workplaces**

a partnership with



PROGRAM OVERVIEW:

We all need sleep - but how many of us sleep well? Poor sleep impacts our physical and mental health, reducing workplace performance and increasing the risk of accidents, sick leave, and burnout. The total cost of sleep disorders and inadequate sleep is estimated to be \$75.5 billion in Australia, with 76.8% of this cost due to lost workplace productivity.

The Better Sleep Workshop for Workplaces will help your staff improve their sleep. Research by Deakin University found that this workshop significantly reduces symptoms of insomnia - which impacts up to 60% of Australians. When we focus on improving sleep quality, we see increased engagement, wellbeing, and productivity. Can you afford not to address sleep issues in your staff?

KEY LEARNING OUTCOMES:

- Understand the science of sleep
- Identify factors contributing to your own sleep difficulties
- Learn evidence-based strategies to start improving your sleep.

WHO SHOULD ATTEND:

Suitable for everyone.

WHY ATTEND:

Improve your sleep, boost your wellbeing, and enhance workplace productivity with practical, evidence-based strategies from The Better Sleep Workshop for Workplaces.

PROGRAM DURATION & FORMAT:

- 90 minutes (includes Q&A)
- Sessions can be longer and tailored to your workplace.



about your **Facilitators**

Henrique and Erin are psychologists trained in delivering cognitive behavioural therapy for insomnia (CBT-I), the gold-standard treatment for insomnia. They will help your staff understand the science of sleep and identify factors contributing to their sleeping difficulties, such as stress, anxiety, and pain. They were involved in the development of Reconnexion's Better Sleep Program, a stepped-care intervention designed to address the issue of untreated insomnia in Australians.



Henrique is a developmental psychologist who supports people of all ages, from childhood to older adulthood. He has particular interests in sleep psychology, as well as the mental health benefits of spending time in nature. He was a past teaching associate at Monash University.



Erin is the Research and Innovation Lead at Reconnexion and a Research Fellow at Deakin University. Her research focuses on improving sleep disorder management, addressing benzodiazepine dependence, and increasing access to evidence-based sleep treatments. She provides expert consultation to GPs, pharmacists, and AOD clinicians.

