

Sleep Matters

Sleep Smarter, Live Better

Why is Sleep So Important and Why is it Hard to Achieve

Understanding why sleep has become so hard to achieve, the cycles we can get stuck in, and the impact it has on our day to day life.

The Science Behind Sleep

A quick understanding of why sleep is important and how it affects us physically and mentally.

Signs of Tiredness / Sleep Deprivation

How can a person tell if they are just tired or in need of further support.

The Impact of Poor Sleep

What can the short- and long-term impact be of poor sleep.

Burnout

What does burnout look and feel like, and how do we spot the signs in advance.

Ways to Increase Energy Levels and Allow for Self-Care

Talking through diet, exercise, boundaries and educating them on how to sleep well so they are able to function better both at home and in work.

Basic Sleep Hygiene

Understanding the fundamental basics to promote good sleep.

Awareness of Individual Sleep Needs

How to have a greater awareness of own sleep requirements and how to meet them.

Stop, Start and Continue

A chance for self-reflection and possible conversation should people wish to discuss, with the suggestion of either a buddy system or time to discuss during one-to-ones with team leader to keep each other accountable.

Facilitator: Nicole



Nicole has been supporting families since 2017 to get a better nights sleep for all. Since 2023, Nicole has made it her mission to change the way parents and anyone struggling with sleep is supported and educated in the workplace.

Breaking down the walls of stigma and laying foundations for a positive relationship with sleep, thus improving mental and physical health, productivity and retention with a focus on helping close the gender pay / career gap by supporting more women in the workplace to continue with their careers.