

Pilot Sleep Study

An Occupational Health & Safety Study
for Respite Care Industry Workers

The Adequate level of Quality Sleep for Your Optimal Health & Productivity

Presented by: **Empowered Living.**

The National Respite Association is conducting a Pilot Research Study on sleep levels amongst workers in the Respite Care Industry, and the subsequent impact on health, safety, well-being, and productivity in the workplace.

In the 21st century, sleep deprivation has become a common and prevalent problem among Australian adults. According to the Australasian Sleep Association, around 30% of us have insomnia and 51% report that we don't get enough sleep for optimal health and daytime functioning.

Participants will 'observe' their own sleep patterns and be provided with tools, techniques and resources over the 7 weeks to improve the quality of their sleep and their health, as well as increase energy and productivity at work and in life.

Sleep & Fatigue Topics include:

- Sleep health overview
- Consequences of poor sleep/sleep deprivation
- Sleep and memory
- Common sleep disorders
- Health problems related to sleep disorders
- Productivity and safety in the workplace and sleep
- Shift work associated sleep disorders
- Strategies to improve sleep health

This research study will be conducted over a 7 week period with 1 seminar each week for a 1 ½ - 2 hour duration.

Seminar sessions will be held in Sydney. (location to be determined depending on enrolments and their workplace location).

This study and each seminar session will be conducted as a Group Coaching program as well as participants benefiting at a one-to-one level.

Benefits Include:

- Relaxed alertness and focus
- Better problem solving skills
- Positive energy in your workplace
- Quicker mental response time
- Clearer decisions
- Increased morale, happiness and satisfaction levels
- Improved team cooperation and productivity
- Prevention of major health issues associated with sleep disturbance such as obesity, biochemical depression, inflammation and hormonal imbalances.

This Pilot Research Study will be limited to 15 people.

Depending on the findings from this research, the National Respite Association may decide to extend this to a wider audience of workers in the sector to ascertain levels of fatigue and sleep deprivation and the impact on worker health & well-being and productivity. We may then also consider investigating this amongst carers and care recipients and provide resources and support that may help their health & well-being.

Presenter: Teya Skae. Teya is the founder of Empowered Living and is a corporate wellness speaker professional kinesiologist/nutritionist/wellness coach, specialising in balancing multiple symptoms of stress including chronic fatigue, anxiety/panic attacks as well as learning difficulties.

Cost: National Respite Association Members - \$280. (GST not included)
Non-Members - \$420. (GST not included)

Registration Essential: Limited Places of only 15.

Name: _____
Organisation: _____
Address : _____

Phone: _____ Email: _____

Invoices will be issued

Mail back to: National Respite Association: The Carrington Centre, Box 3, 2 Carrington Sq.
Campsie. 2194 Fax: 9789-3081