

Workplace Sleep Ambassadors

PROGRAMME INTRODUCTION



40%

**of your employees are
estimated to suffer issues
with sleep**

**These sleep issues will impact their
mood, their ability to concentrate
and may lead to mistakes being
made at work.**

In fact, sleep issues are so prevalent that it is estimated
200,000 working days are lost in the UK every year
because of insufficient sleep.



“ The Workplace Sleep Ambassador Training has provided me with the confidence and the understanding to help people within my workplace empower sleep. Within the first week of completing the course we are already having discussions around sleep in meetings with key stake holders within the business. Discussions have also started about creating a ‘Health & Wellbeing Hub’ with information on sleep being the main focus. I would highly recommend The Workplace Sleep Ambassador Training for all businesses.”

- HANNAH SHORE, SLEEP RESEARCHER, SILENTNIGHT

Workplace Sleep Ambassador Training

Our Workplace Sleep Ambassador training, a mix of pre-recorded study and live zoom session, will help you tackle one of the leading causes of mental health in the workplace, improve productivity, and ensure your colleagues know that you are there for them every day - and every night.

This is more than health and safety - though it will help that, too - this is being there for your entire employee.

What you will learn

- Why sleep is important to health and wellbeing
- The leading causes of sleep issues
- The facts and the fiction of how to get a good night's sleep
- The links between sleep and mental health
- How to open up conversations around sleep with colleagues
- Practical strategies to support

What you will take away

- An understanding of the sleep issues in your workplace
- A bespoke set of actions to improve how your colleagues sleep
- Tools and templates to embed mental health conversations into your organisation
- A "sleep ambassador" accreditation

“ The Sleep Ambassador training was so empowering. As well as being able to fully understand the importance of sleep, I now have the confidence and the tools to be able to support my colleagues with their own journeys around sleep.”

- AMY ROWLANDS, DIVISIONAL SALES TRAINER,
HOLLAND & BARRETT

COST

£195 PER DELEGATE - DISCOUNTS
AVAILABLE FOR BOOKINGS OF 10
OR MORE.

To find out more contact
training@thesleepcharity.org.uk

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[THESLEEPCHARITY.ORG.UK](https://thesleepcharity.org.uk)



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