



Sleep-smart secrets-How to wake up refreshed, recharged and raring-to-go!

The Problem

- Do you yawn a lot and feel drowsy during the day?
- Do you often feel irritable from lack of sleep?
- Is caffeine your crutch to help you function in the morning?
- Do you become foggy-brained and find it hard to focus from lack of sleep?
- Do you want to fire on all cylinders after a terrific night's sleep?

If any or all of the above questions resonate with you, then you've come to the right place!

Sleep deprivation is at epidemic proportions in our modern, fast-paced, technology-obsessed world.

A 2017 Deloitte Access Economics health survey found that inadequate sleep cost the Australian economy \$66 billion in the 2016/17 year.

It found that a whopping 39.8 per cent of Australians don't get enough sleep. These poor sleep patterns lead to fatigue and irritability - putting them at risk of low productivity, damage to their mental health and unsafe behaviours.

Not only does lots of good-quality sleep make you feel recharged and “powered up” - sleep is like a miracle drug that confers you with countless health benefits - from feelings of enhanced wellbeing, vitality and energy and a more youthful appearance to an enhanced immune system and reduced risk of high blood pressure, heart attacks, type 2 diabetes and obesity.

Sleep is also a vital component of our mental well-being. When you are well-rested, you tend to feel happier and more optimistic. Adequate sleep also helps stabilise your mood and can reduce feelings of frustration, anxiety and depression.

The Solution

Everyone has the odd night-from-hell here and there, feeling like they are jetlagged and totally unrefreshed from a bad night's sleep.

But when you regularly need caffeine just to function then it's time to work on reclaiming the night!

If you wish you could regularly wake up feeling clear-headed, bright-eyed and bushy-tailed and ready to take on the world by storm, then it's time to take action and to tweak your sleep habits for the better!

In this session, you will learn how to ...

1. STOP tossing and turning – Learn some easy strategies to fall asleep faster, including when you wake up in the middle of the night.
2. IMPLEMENT a pre-sleep routine that sets you up for a great night of slumber
3. CREATE some simple lifestyle habits that are essential for sound and deep sleep.

What to bring

Pen and notebook, and a willingness to contribute to the workshop discussion!

AGENDA

12:30 – 2 PM: Lunch and Learn Sleep Smart Workshop facilitated by Susan Weser

About the Speaker

Susan Weser is the founder and Director of Empowered2Thrive. She is a corporate wellness+productivity speaker, trainer, coach and consultant, who loves to empower and inspire people to be healthier, happier and more productive - both in the workplace and in life.

Visit Susan's website: <http://www.empowered2thrive.com.au/>