SLEEP SCIENCE

Optimise your sleep.

SLEEP COACHING INFORMATION SHEET

Who is a Sleep Coaching for? Anyone who has had a formal sleep assessment (Sleep Check) with us and now needs help optimising their sleep habits and routines.

What is Sleep Coaching and what is involved?

Week 1	Week 2	Week 3	Week 4
Session 1 Develop programme Implement new sleep routine	**Session 2** Check-in	**Session 3** Reassess, reflect and refine	**Session 4** Check-out

Session 1 (in person or virtual):

During this 60min session, we will discuss, healthy sleep practices, behaviours that help or hinder sleep, and the roles of your body's 24h clock and your sleep debt tracker in defining and optimising your sleep. Based on your sleep assessment (Sleep Check) and sleep needs, we will craft your sleep programme together which you will implement during the coming week. We will also brainstorm activities and tools that you will use when you can't sleep.

Session 2 (telephonic)**:**

We will touch base over the phone to check-in and see how you are doing with the new routine and daytime functioning, and make minor tweaks as needed. You will keep a sleep diary ahead of the next session so that we can see how things are progressing.

Session 3 (in person or virtual):

During this 30min session, we will review your sleep diary, reflect on any barriers or obstacles you might be facing, and refine or adjust the programme as needed.

Session 4 (telephonic):
In this final check-out session, we will evaluate progress and challenges, and make final adjustments to your programme. At this point you should be in a position to manage and sustain your own new sleep habits and routines on your own!

Is this the same as the Sleep Check? No. This would take place **after** a Sleep Check assessment.

How do I book an appointment? Email: info@sleepscience.co.za or Call: 021 650 4561

How much does this cost? R2415 (incl VAT).

Is it covered by Medical Aid? No.

What do I need to bring to the first session? Any previous sleep assessment (e.g. Sleep Check, Sleep Apnoea Testing, Sleep Study - polysomnography) or other relevant medical history information that you wish to share.

Who are the Sleep Science consultants?
A/Prof Dale Rae | Director of Sleep Science | Senior Sleep Scientist (UCT)
Philippa Forshaw | Sleep Consultant | PhD Candidate (UCT)
Arron Correia | Sleep Consultant | PhD Candidate (UCT)

Where is Sleep Science?
3rd floor, SSISA Building, Boundary Rd, Newlands, Cape Town
We are also happy to meet remotely using Zoom (or a similar platform)