SLEEP SCIENCE

Optimise your sleep.

SLEEP CHATS INFORMATION SHEET

Talks, Webinars, Workshops and Q&A sessions

What are Sleep Chats? These are conversational talks, webinars, workshops and Q&A sessions, a great way to introduce the broad concepts of sleep as they relate to health and wellness, workplace productivity and performance. The Sleep Chats will be delivered by our Sleep Scientists who are actively engaged in sleep health research, ensuring that the content is based on cutting edge information.

Who are Sleep Chats for? Organisations wishing to create dialogue around sleep health. The purpose is to educate employees and spark conversation around sleep health with the ultimate intention of empowering employees to optimise their sleep.

Why would my organisation benefit from Sleep Chats? Sleep health is a new hot topic and the detrimental effects of poor sleep on physical, mental and emotional health are surfacing. Raising awareness and providing an opportunity for employees to engage around sleep health may improve employee productivity and workplace performance and protect their long term health.

Our Sleep Scientists use talks and webinars to effectively share complex sleep related information in an easy-to-understand format that is captivating yet educational. Workshops and Q&A sessions specifically allow for a greater level of one-on-one engagement with employees and more personalised support.

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What is included?

Talk/Webinar	**30min talk/webinar** • 20min presentation; 10min for questions **60min talk/webinar** • 40-45min presentation; 15-20min for questions
Half-day Workshop	**Prior to the workshop**: • 2 weeks prior to the workshop, employees will monitor their sleep for 7 days using Sleep Science sleep diaries (provided) and their own wearables (Garmin, Fitbit etc.) if available • Employees send sleep diaries to Sleep Science for analysis 1 week prior to the workshop **At the workshop**: • 60min presentation on the importance of sleep • Group-based feedback and interpretation of sleep habits assessed during the monitoring week • Practical tips to optimise sleep • 60min Q&A session
Q&A session	• 10min sleep crash course with audience participation • 45min for employees to ask sleep related questions • 5min wrap up

We tailor our talks, webinars, workshops and Q&A sessions to meet an organisation's specific needs.

How much do they cost?

- 30min Talk/Webinar: R3 360 (inc. VAT)
- 60min Talk/Webinar: R5 250 (incl. VAT)
- Half-day Workshop: R23 100 (incl. vat)
- 60min Q&A: R1 365 (incl. VAT)

Who are our Sleep Scientists?

A/Prof Dale Rae | Director of Sleep Science | Senior Sleep Scientist (UCT)
Philippa Forshaw | Sleep Consultant
Arron Correia | Sleep Consultant