



Optimise your sleep.

SLEEP HEALTH PROMOTION CONTENT INFORMATION SHEET

What is it? Our Sleep Health Promotion Content has been designed and curated by our Sleep Scientists and is based on the latest scientific evidence relating to sleep health. It is a series of sleep related content in the form of infographics, videos and fact sheets as well as live Q&A sessions. The purpose of this content is to raise awareness around the importance of sleep, to educate, engage and empower your employees to optimise their own sleep health and promote a healthy sleep culture within an organisation.

Who is the Sleep Health Promotion Content for? This content is designed for Occupational Health, HR and/or other staff members responsible for employee health promotion to distribute to their employees as part of health promotion initiatives.

Why would my organisation need Sleep Health Promotion Content? Sleep is a vital, often neglected, component of every person's overall health and well-being. It also has the potential to impact our productivity and performance in the workplace. Understanding what sleep is, how important it is and how to sleep better will enable your employees to be on their A-game.

What is included in the Sleep Health Promotion Content?

The content comprises 14 items:

1. Infographic (A1 poster): Why is sleep important?
2. Video (2-3min): How do you know if you're at your sleep sweet spot?
3. Fact sheet (A4 PDF): Insomnia
4. Infographic (A4 PDF): Sleep and workplace productivity
5. Video (2-3min): How to monitor your sleep with a printable sleep diary
6. Fact sheet (A4 PDF): Obstructive sleep apnoea (OSA)
7. *Live Q&A (45min): Session 1*
8. Infographic (A1 poster): Sleep and mental health
9. Video (2-3min): Sleep hygiene tips
10. Fact sheet (A4 PDF): Sleep and sleep medication



11. Infographic (A4 PDF): Sleep and physical health
12. Video (2-3min): How to know if you're an owl or a lark
13. Fact sheet (A4 PDF): Other sleep disorders (Restless legs syndrome & Narcolepsy) and parasomnias
14. *Live Q&A (45min): Session 2*

Ideally, this is designed to be distributed over a 6-month period (i.e., approximately 2 items per month plus live Q&A sessions at the end of months 3 and 6). We will provide you with content on a monthly basis. This time frame may be altered to suit your organisation's specific needs. We can also discuss more tailored content specific to your organisation's needs. The live Q&A sessions can be in-person or online and are designed to give employees the opportunity to ask specific questions around sleep. We recommend doing the live Q&A sessions over the lunch period. We can, however, host this at any time convenient to your employees.

The A1 posters are designed to be printed and displayed around the workplace to help create awareness around sleep. The videos will be accessed via a shared link. Fact sheets and infographics (A4 PDFs) may be distributed to employees via an organisation's internal communication platforms.

How do my employees receive this content? We will provide the content to you as the Occupational Health, HR or other staff member responsible for employee health promotion. You may choose the best way to share this content with your employees.

How much does this cost? The Sleep Health Promotion Content package costs R6750 (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