



Optimise your sleep.

SLEEP HEALTH SCREEN INFORMATION SHEET

What is our Sleep Health Screen? A brief online questionnaire to screen the sleep health of your employees.

Why should you screen your employee's sleep health? Poor sleep has a significant and varied effect on your employees' physical and mental health as well as workplace performance. These effects include: increased risk for obesity, hypertension and diabetes; impaired decision making, multi-tasking, creativity and problem solving; increased fatigue and risk for workplace accidents; increased stress, burnout and symptoms of depression and anxiety; decreased productivity and increased absenteeism.

Why would my organisation benefit from Sleep Chats? Screening will place your organisation in a position to proactively intervene with at-risk employees to ultimately optimise workplace performance.

Tiered package:

Tier 1	<ul style="list-style-type: none">• Individual sleep health screen reports emailed to individuals
Tier 2	<ul style="list-style-type: none">• Individual sleep health screen reports emailed to individuals• Group report and feedback session
Tier 3	<ul style="list-style-type: none">• Individual sleep health screen reports emailed to individuals• Group report and feedback session• 1h sleep talk, 1h feedback session and 1h practical suggestions session for employees

We can tailor our talks sessions to meet an organisation's specific needs.



How much do they cost?

Depending on the size of your organisation and the Tier package that you chose costs are as follows:

Tier 1

Up to 10 people	R790
Up to 50 people	R3 340
Up to 100 people	R11 130
More than 100 people	R12 600

Tier 2

Up to 10 people	R4 725
Up to 50 people	R6 680
Up to 100 people	R14 470
More than 100 people	R15 750

Tier 3

Up to 10 people	R27 825
Up to 50 people	R29 780
Up to 100 people	R37 570
More than 100 people	R38 850

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