

WAKE UP TO THE IMPORTANCE OF SLEEP



Insomnia is a leading cause of **lost productivity**. The average loss per employee is **11.3 days** per year

Dr Kessler, Harvard Medical School



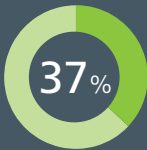
Insomnia is associated with congestive heart conditions, respiratory disease, strokes, diabetes and dementia

Medscape Neurology



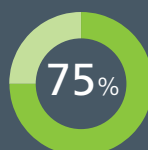
Poor sleep may **compromise** your work performance, mood and relationships

Mental Health Foundation



37% of Employees say they are so tired during the day that it **interferes** with their daily activities

National Sleep Foundation



75% of adults experience at least **one episode** of **disturbed sleep** a week

National Sleep Foundation

How do you sleep?

Do you feel well rested after a night's sleep?

Do you have trouble adjusting to your shift patterns?

*Sleep is vital for our productivity,
creativity and wellbeing*



What causes insomnia?

Stress and anxiety

Poor sleep habits

Shift work patterns

Mental health
problems

Physical health
conditions

NOT TO FORGET:
children, snoring
partners, pets,
mobile phones etc...



How Talk Works can help your organisation

Lunchtime Seminars

Sleep Audits and surveys of staff

Sleep Campaigns

One-to-one intervention
for insomnia

Train staff on how to manage
sleep and shift work

Educate staff regarding
better sleep habits

Half-day and full-day training

Talk Works is a team of **experienced Psychologists and Counsellors**, providing one-to-one talking therapy for individuals and groups, as well as bespoke training packages.

**Contact us for a free consultation
with one of our Psychologists:**

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