

Sleep and Performance Education Sessions

It is well known from a paucity of scientific research that adults need between 7-9 hrs. sleep per night for optimum health and wellbeing. However, alarmingly 1 in 3 adults do not achieve this amount of sleep^{1,2}. For individuals to achieve the recommended sleep, they need to understand why sleep is important and how to get a good night sleep. The workplace is an ideal setting to support the safe and effective delivery of sleep education. Melius Consulting provides a range of sleep and performance education packages delivered by **trainers with PhDs/MD in the discipline of sleep, performance, and shiftwork.**

[Check out Ian's TEDx Perth talk "Sleep in and Win"](#)

Sleep and performance education is vital to safeguarding and improving the health and safety of employees, and enable business performance³. As employees sleep duration and quality improve, organisations may benefit from reduced absenteeism and staff turnover, as well as fewer fatigue-related incidents⁴. Sleep education provides employees with the knowledge required to achieve better sleep, empowers them to take responsibility for their health, and encourages positive behaviour change that may benefit their overall health and wellbeing.

Melius Consulting's sleep education programs include information on sleep science and shiftwork circadian physiology; lifestyle and behaviour advice relating to alcohol and caffeine; environmental factors that influence sleep such as light, noise and temperature; recognising and managing fatigue at work; and sleep disorders.

We have conducted such programs for Anglo Gold Ashanti Australia, Karara Mining, CBH Group, Origin Energy, Boston Consulting Group and many more. Education sessions can be tailored for organisations depending on the audience and time available. Sessions may include a 1 hr awareness session or tailored 3 hr sessions for employees and leaders.

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