

CORPORATE SLEEP EDUCATION & TRAINING PROGRAMS

Sleep is a vital component to employee well-being and an integral part of every company's bottom line.

As the demand on the global workforce increasingly stretches the boundaries of employee work hours, our sleep needs to be prioritized. How employees sleep directly impacts their productivity and performance at work, as well as their health and the health care costs borne by their employer.

Even though they are at their work stations physically, your employees may not be focused. Research confirms sleep-deprived employees exhibit cognitive impairment, poor judgment, compromised decision-making and a diminished ability to process information. In addition, there is a strong association between sleep deprivation and acute and chronic health conditions, decreased energy, and weight gain.

Poor sleep habits and hygiene result in **disordered sleep**. Historically, corporate-wide sleep improvement programs have focused on identifying, treating, and/or monitoring the treatment of individuals with diagnosed **sleep disorders**. Circadian Corporate Sleep Programs fill a void in the current wellness landscape, leading to happier, healthier, more productive employees.

Corporate-wide sleep education and training programs focusing on employees with disordered sleep not only offer corporate leaders a competitive advantage, but also provide a critical missing piece in today's wellness programs.

Employee sleep behaviors cannot be mandated, but employers can support healthy sleep habits by providing their workforce with sleep education and training programs designed to promote sustainable sleep improvement.



HOW SLEEP-DEPRIVED EMPLOYEES COST YOUR WORKPLACE

- Cognitive impairment
- Poor judgement
- Compromised decision-making
- Diminished ability to process information
- Increased errors and accidents



Bring CIRCADIANTM Corporate Sleep Programs to your workforce for improved health and productivity

OUR PROGRAMS:

■ WORKSHOPS:

Our sleep education and training workshops are designed to inform and create awareness about the importance of sleep for healthy living and high performance.

■ CORPORATE-WIDE SLEEP STATUS SURVEY:

Using a confidential online platform, our Sleep Status Survey helps to assess your employees' knowledge, awareness and behaviors about

their sleep. Aggregate results are presented back in report form to your management team. This data-driven service can help to identify appropriate programs to minimize the health, productivity, and safety impacts of your employees' insufficient sleep.

■ SLEEP WELL/LIVE WELL:

This four-week self-managed sleep improvement program educates and instructs, guiding users through basic sleep science, assessing and monitoring daily sleep, and delivering winning sleep strategies and tools. Sleep Well/Live Well is designed to optimize sleep improvement sustainability through cognitive behavioral therapy principles. Use it as **an online and on-demand program**, with live educational session(s), or in a train-the-trainer format.

■ PUBLICATIONS:

The Good Sleep Guide is an informational booklet containing authoritative information, interactive exercises, and practical tips to help the reader recognize the causes and consequences of sleep insufficiency, and to take steps to improve their sleep, health, and overall well-being.

Please contact us at csp@circadian.com for more information.

More than 3/4 of Americans want to improve the quality and quantity of their sleep.

The vast majority of employees report feeling tired most days of the week.



A good day starts with a good night's sleep

About CIRCADIAN®

CIRCADIAN, a global leader in providing 24/7 workforce performance and safety solutions, helps organizations improve employee performance and reduce the inherent risks and costs associated with employee sleep deprivation and fatigue. This is done through the unique combination of consulting expertise, research and technology, software tools, and informative publications used by Circadian since it was founded in 1983. Circadian recognizes that sleep is integral to improving businesses' human capital and employee well-being. Circadian Corporate Sleep Programs offers customized sleep education and training initiatives for sustainable sleep improvement, enhancing the lives of all employees both at work and at home.

CIRCADIAN's Corporate Sleep Programs are tailored to serve the strategic goals, workplace culture, workforce demographics and budget of our clients. Our goal is to ensure that your employees are equipped and empowered with the knowledge, strategies, tools, and resources that will support sustainable sleep improvement and benefit both employer and employee.