



Sleep Health eLearning

The purpose of this program is to help individuals and workplaces reap the benefits of optimal sleep. Well rested employees are healthier, happier and more engaged than their sleep deprived colleagues.

That's because poor sleep has significant detrimental effects on performance, wellbeing and quality of life.

Lack of sleep can also be downright unsafe with the effects of sleepiness being comparable to being legally drunk.

This comes at a big cost to business. Deloitte Access Economics has determined poor sleep costs Australian businesses more than 17 billion dollars annually due to reduced productivity. That's a greater economic impact than poor diet and physical inactivity combined.

Improving sleep doesn't have to be difficult. Workplaces can start by using the Sleep Health training to inform employees about why sleep is important and ensure it is prioritised.

Individuals can use the Sleep Health training to optimise their current sleep and to rectify simple sleeping problems when they occur. The training is written by psychologists with significant mental health and workplace wellbeing expertise.

Features:



high quality engaging animated content



plenty of supporting information



multiple choice questions to ensure transfer of learning



self-paced



issues certificate on completion



can be completed on most devices with internet connectivity

The Sleep Health eLearning is of the highest quality training (both in content and aesthetics) available for online workplace education.

Each 2-4 minute video can also be made available as stand-alone modules and come complete with a leader discussion guide. This makes for an easy to plan "micro-learning" session and can create a deeper learning experience than purely online. It also removes the need for a subject matter expert to be on site.

It is possible to tailor text components of the online training as well as leader discussion guides. Company branding can also be applied. These services will be charged as an additional cost for small numbers of learners.

Sleep Health eLearning Modules

Introduction to sleep health

What causes fatigue?

The sleep drive

Sleep debt

Circadian rhythms

Sleep structure

Effects of alcohol and caffeine on sleep quality

Common sleep disorders

Improving sleep

Accessing assistance for sleep problems

Want to know more? Call us today!

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