



Lunch and Learn Presentation

How to Sleep For Success

Want to lose weight, reduce stress, increase happiness and health? There is one simple solution - get more sleep! Sleep is integral to our health and wellness, but is often something we know relatively little about. This session will tell you things you never knew about sleep and empower you to use sleep to reduce stress, improve your health and improve your life!



Presentation Content Includes:

Your Sleep

- 🕒 Common Myths
- 🕒 Are You Getting Enough?
- 🕒 Do You Carry a Sleep Debt?

Why We Need Sleep - It Effects Everything!

- 🕒 Your Learning and Social Skills
- 🕒 Your Weight
- 🕒 Your Health & Even Your Safety

Sleep Science - What You Never Knew

- 🕒 Sleep Cycles
- 🕒 Circadian Rhythms

Improving Your Sleep to Improve Your Life

- 🕒 Understand Caffeine
- 🕒 Using Food to Manage Fatigue
- 🕒 How to Manage Insomnia
- 🕒 The Secret to Successful Napping
- 🕒 Helping the Winter Blues and more!

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Lunch and Learn

You Really Can Sleep Your Way to Success...

Cost

Cost can be adjusted for Webinar or online delivery format. Face to face is now available at this time for some regions.

- Please contact us to discuss your needs and receive a quote

Timeline Details

Presentations are typically 50 minutes with additional time allotted for answering questions as a group and individually after the session. Timelines can be adjusted as needed.

The speaker will be available 30 minutes prior to presentation time to ensure technical formats are functioning well. Technical pre-checks can also be booked.

Important Notes

Please note these Lunch and Learn events do not include food or beverages. Catering services are to be provided by the hosting organization or employees may bring their own lunch to the event.

The presentation can be provided on your platform of choice but adequate technical support is required. A technical support person should be on hand to assist the presenter setting up and during the presentation.

Time will be spent before the presentation discussing the needs of your organization to ensure it is customized and a good fit for what you are looking for.

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