



sleepability™

in the workplace



**Invest in your People's rest. Because sleep matters.**



## What is insomnia costing your organisation?

In 2017, researchers predicted that by 2020, sleeplessness would cost the UK economy **£58bn** (and that was pre-Covid 19).

With insomnia at pandemic levels, it is likely that approximately half of your employees are suffering with sleep insomnia or other sleep problems. Research confirms the extent of the cost of sleeplessness to organisations in terms of money, lost productivity, sickness absence, occupational health and employee health and wellbeing.

Contact **Sleepability™** today and reduce the cost of sleeplessness to your company.

**Help your People to sleep naturally.**

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## What the research says...

**2016:** the cost of sleeplessness to the UK is £40bn pa (1.9% of GDP)

**2017:** the cost of sleeplessness to the UK economy is £50bn and predicted to rise to £58bn in 2020

**2018:** CIPD publish an article reporting that stress-related absence was up 24% on previous year

**2019:** Research confirms that healthy sleep is good for business

**2020:** Sleep Council survey confirms that 50% of respondents are suffering from Covid-19 related insomnia



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## The effects of sleeplessness on organisations...



**Lowered performance**



**Increased mental health conditions**



**Increased mortality & suicide**



**Reduced creativity**



**Poor concentration**



**Lower productivity**

# What is keeping your employees awake?

Workplace stress

Job security

Workload

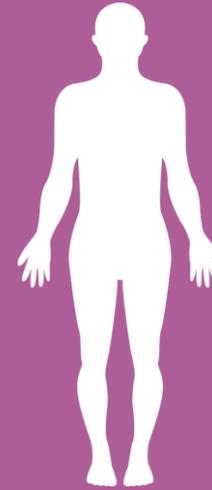
Management/supervision

Mental health

Excessive use of tech

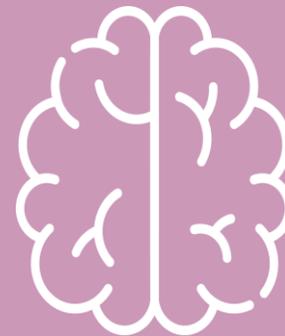
Poor diet & lifestyle

# How insomnia affects your employees' health



## The impact of insomnia on the body

Cardiovascular disease  
Cancer  
Accidents  
Stroke  
Diabetes  
Hypertension



## The impact of insomnia on the mind

Anxiety  
Depression  
OCD  
Stress  
Bipolar disorder  
Suicidal thoughts



# Work with Sleepability

## WHY?

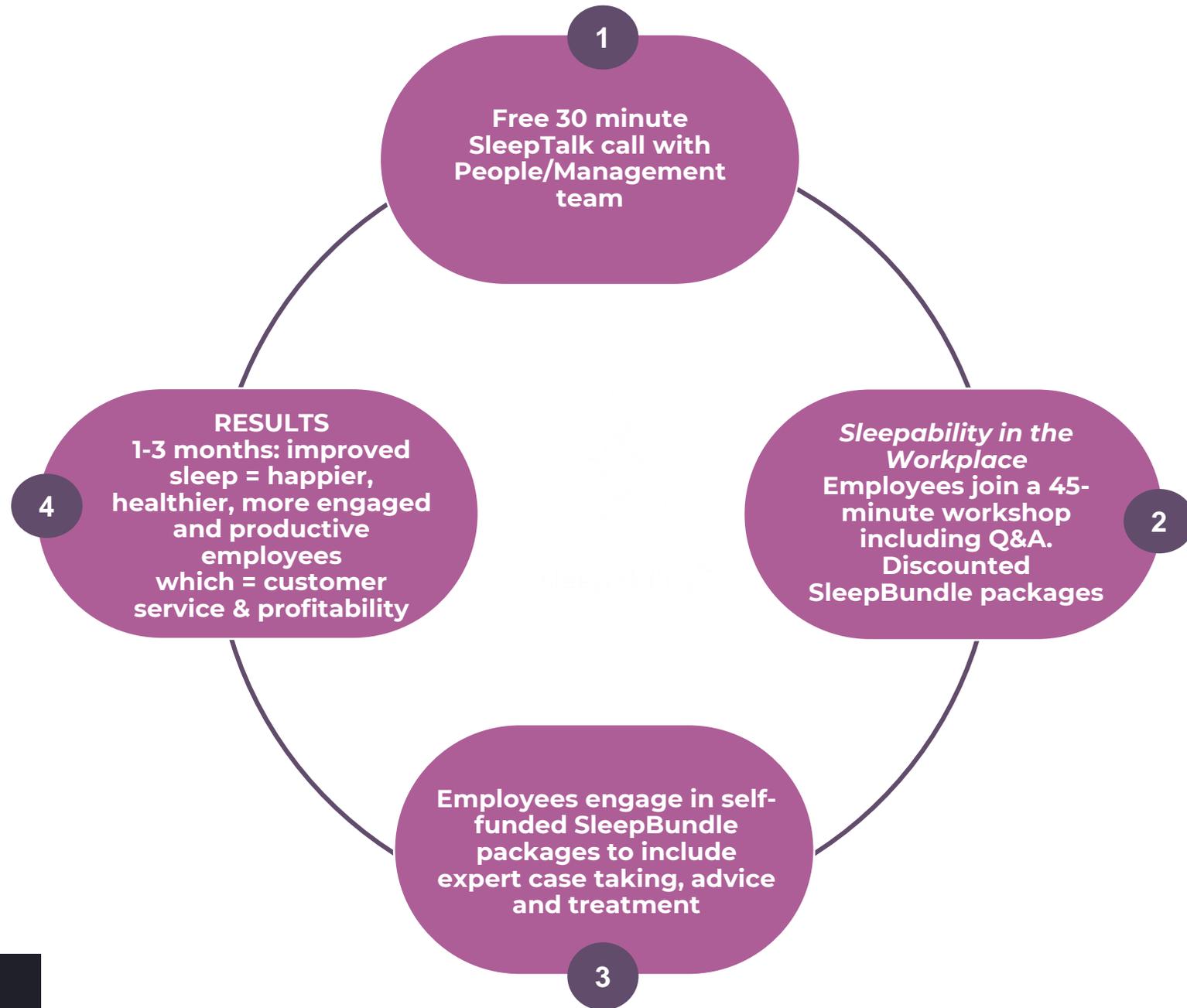
Benefit from my 20 years' experience of working with clients' sleep and related health problems to restore your People's sleep effectively.

## WHERE & WHEN?

Virtual team workshops and training. Confidential online 1:1 consultations for your People to treat their insomnia. Appointments are arranged with individuals and at a time to fit in with the business.

## HOW?

Expert 1:1 case taking and use of a unique blend sleep hygiene and natural remedies, nutrition & relaxation tips to help your People sleep well, naturally.



# My Story

Prior to becoming a Natural Sleep expert, I enjoyed a diverse career in London in some of the most demanding sectors, to include law, recruitment, capital markets and financial institutions. I made a career in delivering on absolute commercial deadlines, and not surprisingly experienced stress and its close companion, insomnia.

Complementary therapies helped manage my stress levels but it was Homeopathy – a last resort really - that finally resolved my insomnia and other minor but chronic health problems. My enquiring mind led me to embark on a journey of study, gaining Diplomas in Massage, Nutrition and Stress Management, as well as a Degree in Homeopathy, to include a review of the research. I continue to augment my skills with expert CPD Masterclasses. I have worked with countless clients, helping them with their sleep and related, health problems using homeopathy, natural remedies and relaxation techniques.

**Sleepability™** is the culmination of over 20 years of practical experience, brought to you in response to the epidemic levels of insomnia which will only exacerbate as the impact of Covid-19 unfolds.

I look forward to working with your organisation to help your People sleep well again, naturally. Sleep really does matter. And the bottom line is... **sleep is good for your business.**



# Next Steps...

Contact me to discuss how your organisation can integrate **Sleepability** into your Employee Health & Wellbeing Policy. Together we can help your People to sleep well, naturally.

**Invest in their rest. Because sleep matters.**

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[LinkedIn](#)

[Instagram](#)

[YouTube](#)



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## References

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