



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?

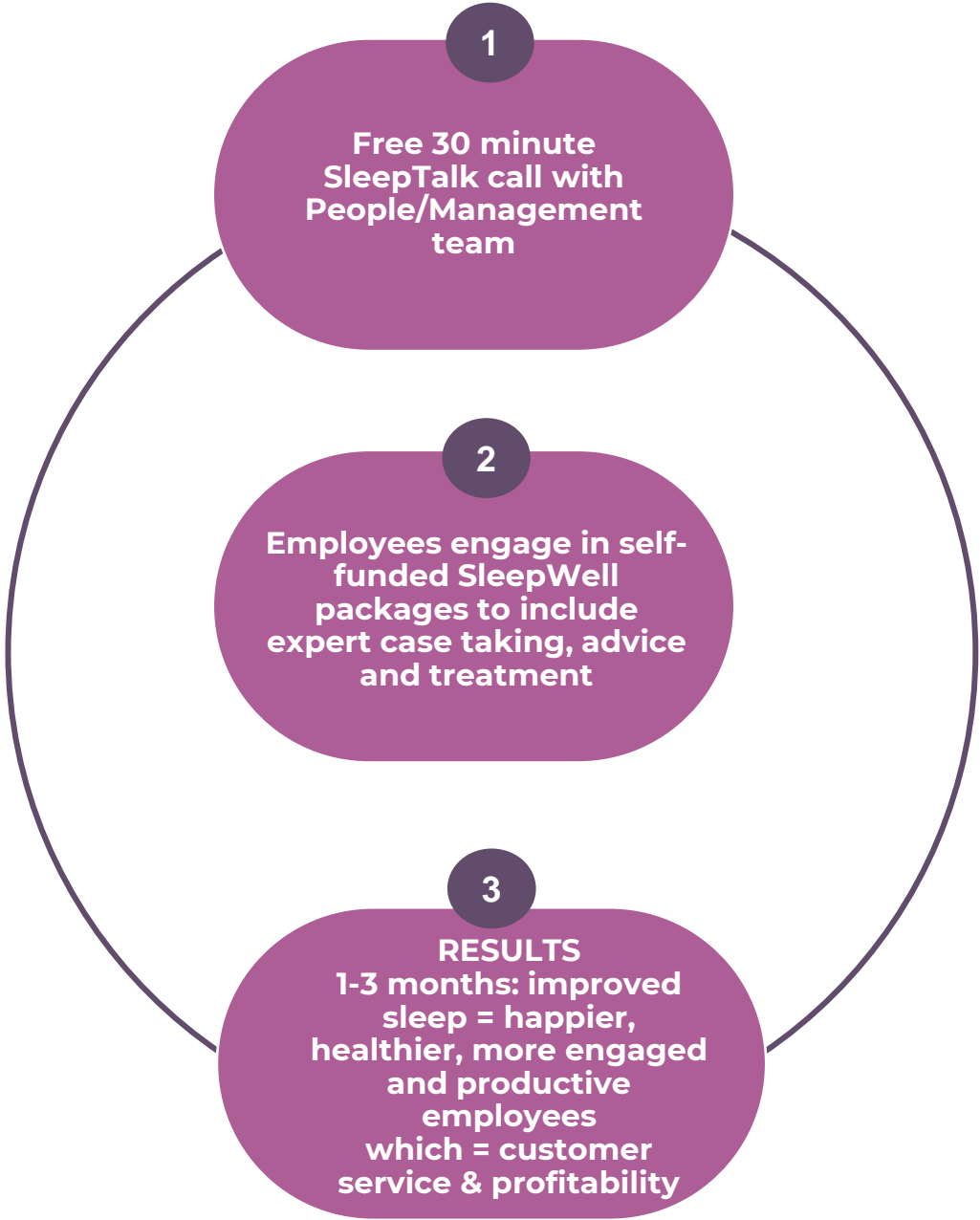
Benefit from my 20 years' experience of working with clients' sleep and related health problems to restore your People's sleep effectively.

WHERE & WHEN?

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.

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[Instagram](#)

[YouTube](#)



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References

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