



# Sleep Health For Working Parents

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Oftentimes, it feels as if there aren't enough hours in the day to complete the tasks that work and life demand. This is especially so for parents of new born, for whom sleep deprivation is typical. Learning how to manage one's time can help working parents improve their sleep quality.

This presentation shares some helpful sleep hygiene tips, lifestyle hacks and relaxation exercises for better sleep.

Content includes:

- The Effects of Sleep Deprivation on Cognitive Performance
- Developing Self Care Routines
- Creating a Peaceful Sleep Environment

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*