



Alcohol & Sleep Health

Length: 1hr

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

Details: Alcohol is generally known for its sedative properties, which is why some use it to self medicate for the purposes of falling asleep. However, studies show that consuming alcohol before bed time rids individuals of the restorative stage of sleep - Rapid Eye Movement (REM). This causes sluggishness upon awakening. This habit is said to be linked to insomnia and other sleep disruptions.

This presentation seeks to raise awareness of the negative impact alcohol consumption can have on sleep quality and restorative energy.

Content includes:

- Understanding the myth - Alcohol helps the drinker fall asleep quickly
- A look at the common sleep cycle
- Why excessive drinking can make one tired
- Typical sleep disruptions caused by excessive drinking
- Night time practices for improved sleep quality

Connect with WORKBLIS to discuss requirements - 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.