

# SLEEP HEALTH FOR WORKING PARENTS

## INTRODUCTION:

Sleep is essential for our overall health and wellbeing. Working parents often struggle with finding the time and energy to prioritize their sleep, leading to fatigue, stress, and difficulty functioning in both their personal and professional lives.

This workshop aims to provide practical strategies and tips for working parents to prioritize and improve their sleep health.

## Topics to be covered:

- The importance of sleep for overall health and productivity
- Common sleep challenges faced by working parents
- Tips for improving sleep hygiene, such as establishing a bedtime routine, creating a comfortable sleep environment, and reducing screen time before bed
- Strategies for managing stress and anxiety that may impact sleep
- Time management techniques to prioritize sleep
- The benefits of napping and how to effectively incorporate napping into a busy schedule

## Practical exercises:

- Participants will have the opportunity to reflect on their current sleep habits and identify areas for improvement
- Participants will create a personalized action plan for improving their sleep health

## Conclusion:

At the end of this session, participants will have a better understanding of the importance of sleep for their overall health and wellbeing, and will have the tools and strategies to prioritize and improve their sleep health as working parents.

**Length:** 60mins (presentation only), 90mins (includes practical exercises)

**Delivery Option:** Face-to-Face, Virtual

