

SLEEP AND DIGESTION:

The Connection to Productivity and Wellness in the Workplace

INTRODUCTION:

Sleep and digestion are two essential bodily functions that play a crucial role in maintaining overall health and well-being. In the workplace, a lack of sleep and poor digestion can lead to decreased productivity and burnout.

However, by understanding the connection between sleep and digestion, employees can make lifestyle changes to improve both and promote productivity and wellness in the workplace. In this session, we will explore the importance of sleep and digestion, the causes of poor sleep and digestion, and learn about strategies for improving sleep and digestion.

Topics to be covered:

- The importance of sleep for physical and mental health
- Factors that can impact sleep quality
- Tips for improving sleep hygiene
- The role of diet and digestion in sleep quality
- Practical tips and strategies for improving sleep and digestion.

Practical exercises:

- Participants will have the opportunity to practice relaxation techniques, such as deep breathing and progressive muscle relaxation, to promote better sleep
- Participants will also have the opportunity to try out simple stretches and movements to improve digestion and gut health

Conclusion:

By the end of this session, participants will have a better understanding of the connection between sleep and digestion and how they impact productivity and wellness in the workplace.

They will learn about various strategies for improving sleep and digestion, including sleep hygiene, nutrition and diet, exercise and physical activity, stress management, and mindfulness practices.

The information and tools provided in this session will help employees to improve their sleep and digestion, leading to increased productivity and overall well-being in the workplace.

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

Delivery Option: Face-to-Face, Virtual

