

Sleep School At Work



Better Slept Employees. Better Business.

The evidence-based sleep education and therapy programme for organisations - providing highly effective live webinar events and award winning digital support.

Sleep School At Work

Delivered by a world leading team of sleep doctors, psychologists and neuroscientists using the latest sleep science and the groundbreaking behavioural therapy Acceptance & Commitment Therapy (ACT) to help employees:

- Switch off mentally at night
- Fall asleep faster and sleep longer
- Improve their mental health

ACT is endorsed by the UK National Institute for Health and Care Excellence (NICE) and the US Department of Health and Human Services (HHS). ACT is clinically proven to help improve sleep.

Programme includes:



Live Webinars

Delivered by Sleep doctors providing expert advice



Support Platform

Over 100 Sleep Help Guides & webinar recordings



Sleep School App

100's of guided audios & courses

"A highly practical and relevant programme which changed my attitude towards sleep as a performance enhancing activity. Highly recommended as a team development element to strengthen resilience and performance."

OLAF DEHNBOSTEL - GLOBAL HR VP- UNILEVER

Global Sleep Experts

Looking to run a programme to improve your employees sleep and mental health?

Choose Sleep School:

- Expert team of sleep doctors, psychologists & neuroscientists
- 50 years combined clinical & corporate sleep experience
- 300k+ employees engaged in 150 corporations in 30+ countries
- 99% recommendation rate (2016-21)

Sleep Made Simple

Running your organisation's sleep programme is easy.

- We help design a programme that fits your needs
- Track employees needs & improvement with our sleep survey
- Use our Digital Launch Kit as your internal comms campaign
- View employee engagement stats via the 'Employer Platform'

All programmes are fully scalable in scope and cost.

More info:

hello@thesleepschool.org

sleepschool.org/work



Sleep School

**Highly Engaging.
Highly Effective.**

84 %

Of employees saw an improvement in

SLEEP SATISFACTION

81 %

Of employees saw an improvement in

**MORNING
REFRESHMENT**

80 %

Of employees saw an improvement in

MENTAL HEALTH

All programme attendees 2020-22

"Everything was so professionally prepared, maintained and the employees participation was from start to end consistently impressive."

NICOLETTA STUDER - HEALTH SERVICES - CREDIT SUISSE



Join many world leading organisations who've invested in Sleep School to improve their employees' sleep