

# Sleep School At Work



**Sleep better, Work better, Live better.**

We do everything in life better when we sleep well first.

We help organisations create a Sleep First culture enabling their employees to mentally, emotionally and physically thrive - boosting organisations' productivity and performance.

## Sleep School At Work

Sleep School At Work is a scientifically backed programme created by global sleep experts. It uses clinical tools and education to promote a well-slept company culture.

Our programmes teach employees life-long skills to enable them to...

- Switch off mentally at night
- Fall asleep faster and sleep longer
- Wake up feeling more refreshed

Sleep School At Work helps with sleep disturbing issues including anxiety, depression, work-stress, insomnia, menopause and more.

### Programme includes:



#### Sleep School App

100's of guided audios  
& courses



#### Support Platform

Library of sleep help films  
& webinar recordings



#### Live Webinars

Delivered by Sleep doctors  
providing expert advice

*"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 BPC - 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 and neuroscientists
- 50 years combined clinical and corporate sleep experience
- 300k+ employees engaged in 150 corporations in 30+ countries
- 99% recommendation rate (2016-21)



## Sleep School

**Highly Engaging.  
Highly Effective.**

# 84%

Of employees saw improvement in

**SLEEP SATISFACTION**

# 77%

Of employees saw improvement in

**MORNING REFRESHMENT**

# 61%

Of employees saw improvement in

**MENTAL HEALTH**

All programme attendees 2016-21

## Sleep Made Simple

Running your organisation's sleep programme is easy.

- We help design and deliver a programme that fits your needs
- Use our Digital Launch Kit as your internal comms campaign
- Our Live Kick-Off webinar increases employee engagement
- Receive employee engagement reports

Our programmes are fully scalable in scope and cost for any organisation's size or budget.

## More info:

[hello@thesleepschool.org](mailto:hello@thesleepschool.org)

[sleepschool.org/work](https://sleepschool.org/work)

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

NICOLETTA STUDER - HEALTH SERVICES - CREDIT SUISSE



CLIFFORD  
CHANCE



Unilever



pwc



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