



How to Beat Fatigue/Sleep

Not only is sleep important to our health, but not getting enough sleep can cause significant safety risks. This session explores the importance of sleep, the sleep cycle, tips to overcome the barriers to a good night's sleep and simple ways to develop good sleeping habits.

Participants will:

- Learn about the stages of sleep
- Learn how much sleep people need
- Discuss sleep habit tips
- Investigate the impacts of when you do not get enough sleep
- Explore how to follow up without being intrusive

Mike Collins

Mike is a fully qualified, experienced and accredited psychotherapist and trainer who has worked with Employee Assistance Programme providers for over 20 years. He has extensive experience delivering trainings that cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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