



## SLEEP

# GOOD SLEEP AS THE FOUNDATION FOR HEALTH AND WELLBEING.

Sleep disorders are very common. One in four of us has problems with falling sleep, sleeping through the night or waking up too early. Persistently disturbed sleep can have far-reaching consequences for sufferers, both at home and at work. During the lecture/webinar, a doctor will explain the causes of sleep disorders and their effects on health and performance.

#### Target group

- › All employees

#### Goals

Employees learn

- › how sleep affects health, performance and mental wellbeing.
- › what disturbs sleep and how to avoid typical pitfalls.
- › effective methods to help them experience a restful night's sleep.

#### Contents

- › "Sleep architecture": the structure and duration of healthy sleep
- › Impact of sleep on health
- › Causes and effects of sleep disorders
- › Tips and tricks for better sleep
- › Optional: chronobiology self-test

#### Method

- › Presentation, workshop or webinar
- › Optional: personal medical consultation

#### Implementation

- › Doctor

#### Number of attendees

- › Presentation: up to 30 people
- › Workshop: up to 15 people

#### Duration

- › 1 to 4 hours

#### Location

- › On the company's premises or by arrangement

SWICA's Prevention Management unit aims to reduce absences, strengthen the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / [swica.ch/prevention-management](http://swica.ch/prevention-management)

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