

# Better Sleep

## YOUR HIDDEN COMPANY ASSET



- Do you value the health and well-being of your most precious resource – your people?
- Are staff members suffering from poor concentration, lack of creativity, declining productivity, lack of energy and low motivation?
- Would your organisation benefit if your people were awake, inspired and enthusiastic?

**If you have answered YES to any of these,  
The Sleep Expert System can transform your organisation.**

*"It is common for managers and colleagues to look at a lack of focus or motivation, irritability, and bad decision making as being caused by poor training, organizational politics or the work environment.*

*The answer could be much simpler – a lack of sleep."*

From *The Wake-up Call*: The importance of sleep in organizational life.



Our **Sleep Expert Programs** are designed to educate busy, stressed individuals to understand the true function of sleep and how to overcome sleep difficulties that affect 1 in 3 Australians in the work place.

Tailor-made to suit every need and budget.

**We get results where others fail.**

## PROGRAMS



### Training Days

Suitable for people across the organisation, these training days can be designed to meet the specific needs of the group. Options include 1, 2 or multiple training days addressing a variety of topics such as:

- The Sleep Stress Factor
- Busting Sleep Myths
- Sleep, Safety, and Job Satisfaction
- Sleep Well, Work Well
- The Secrets to a Great Night's Sleep

or the complete **Sleep Expert System Program**, a series of 8 integrated modules.



### Group Coaching

Catering to a small group of individuals such as Senior Managers, Team Leaders and people in high demand, high stress roles, or people in the organisation who have sleep struggles. Participants are supported with online or in-person group coaching facilitated by Elina Winnel and her team, video modules and additional resources to meet the specific sleep needs and challenges of each participant.



### Individual Coaching

Recognising that some members of the organisation require specific help and the maintenance of strict confidence, our one-on-one **Sleep Expert Coaching Program** systematically moves through the revolutionary **Sleep Expert System** and addresses the very specific needs of the individual.



### Workshops

Whether you are tipping your toe in the water with curiosity, addressing identified sleeping problems within your organisation or looking to spice up your latest professional development offerings, our workshops are grounded in variety, engagement and a good dose of humour.

### Topics include:

- Staying Up, Giving Up – When Sleep Eludes You
- Putting Sleep on the Agenda
- 7 Sleep Myths Crushed!
- Get to Sleep and Stay Asleep



## Keynote Presentations

Elina Winnel is an experienced and qualified Sleep Coach and inspirational speaker. She'd love to be involved in your next corporate event.

Speaking topics include:

- Busting Sleep Myths
- 7 Sleep Secrets Revealed
- Sleep As Your Competitive Advantage
- Sleep to Success
- Awake, Alert, Awesome!



## Retreats

We offer local, inter-state and international off-site retreats for 3, 5, or 7 days, all tailor-made to suit your requirements. Make your next event one to remember. Idyllic venues, amazing food, sensational sessions utilizing the revolutionary teachings and practices of the **Sleep Expert System** and comfy beds! We do the heavy lifting – you just turn up!



## Online Programs

Your people can access the revolutionary **Sleep Expert System** from the office or in the comfort of their own home. Videos, activities, group coaching and support materials encompass the 8 module program.



## Resources

Want to raise awareness about the serious ramifications of chronic insomnia in the work place? We provide a wide range of original educational and support materials to help you.

### **Resources include:**

- Blogs
- Videos
- Infographics
- Podcasts
- Team Sleep Challenges
- Sleep Assessments
- Sleep Profiles
- Sleep Technology and Measurements (including HRV, brainwaves and sleep tracking)



## HARNESS SLEEP AS AN ASSET

Companies are incorporating Sleep Experts into their corporate wellness initiatives, and reaping the benefits.

- Increased motivation
- Clearer thinking
- Better health and less absenteeism
- Higher productivity
- Improved problem solving and decision making
- Enhanced creativity and innovation
- Happier, more cohesive teams

## THINK YOUR ORGANISATION ISN'T AFFECTED?

- At least a third of adults suffer from insomnia at some point in their lives.
- 10% of the population takes sleeping tablets. A third of them every night!
- Sleep disturbances cause fatigue-related productivity losses estimated at \$1,967 per employee.

## 'DO' SOMETHING DIFFERENT

Step outside the norm. We partner with you to offer an engaging and potentially life changing opportunity for your staff and your organisation.

Participants will learn and apply the elements of the revolutionary **Sleep Expert System** that has helped thousands regain sleep and improve their quality of life and work.

## KEY ELEMENTS TO THE SLEEP EXPERT SYSTEM



### BRAINWAVES

Increase brainwave flexibility to easily reach a delta (sleep) brainwave state for deeper sleep.



### STRESS PATTERNS

Change your thought patterns that produce ongoing underlying stress. Switch off the racing mind.



### SLEEP MINDSET

Learn how to adopt effective attitudes and beliefs towards sleep.



### SLEEP STRATEGIES

Learn effective strategies and relaxation techniques to get to sleep quickly



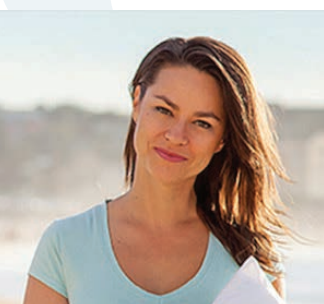
### NERVOUS SYSTEM

Learn how to trigger the relaxation response and accurately read your nervous system.



### LIFESTYLE

Understand how to diet, exercise, and technology affect your sleep.



### ELINA WINNEL

#### Founder of THE SLEEP EXPERT

Elina is a Sleep Expert and Coach, and creator of the **Sleep Expert System**; a highly innovative system that is helping people across the globe revolutionise their sleep. She leads a team of qualified coaches, trainers and facilitators.

**theSleepexpert**  
Reclaim your sleep ~ transform your life

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**Call us today to receive a free, confidential company sleep assessment.**