



Micro-Intervention
Power of Sleep

Session Handout



Is this you?



- If your head hits the pillow, you immediately fall asleep...



- You wanna drink 3+ cups of coffee a day...



- You feel grumpy, tend to overreact and find it difficult to laugh...



- You have a hard time focusing on a (boring) task...

...then you're probably sleep deprived (and may not realize it)

Sleep debt: who cares?



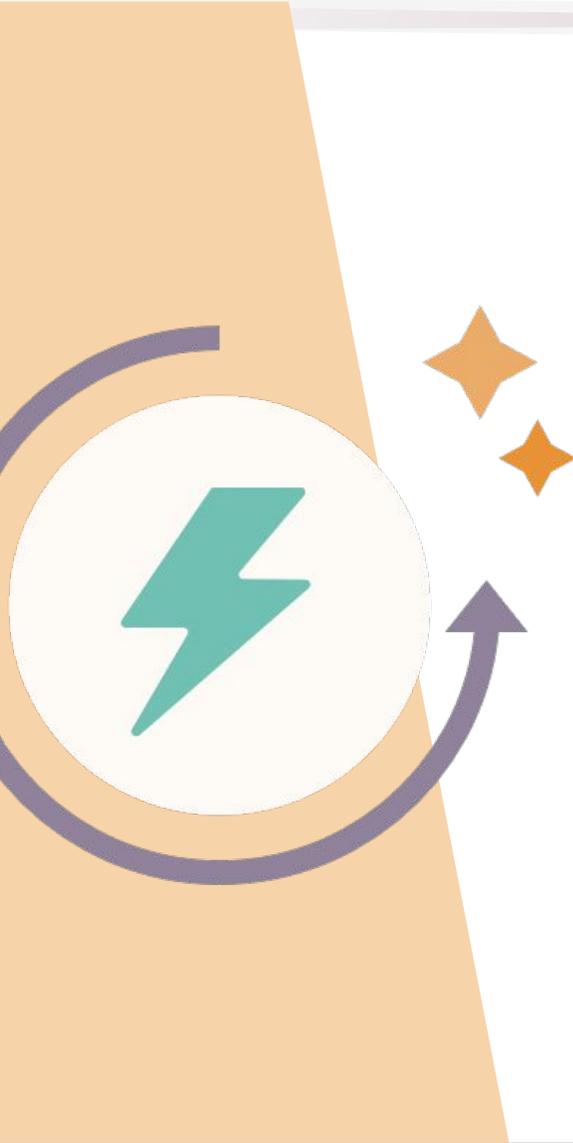
8 hrs of sleep debt

=

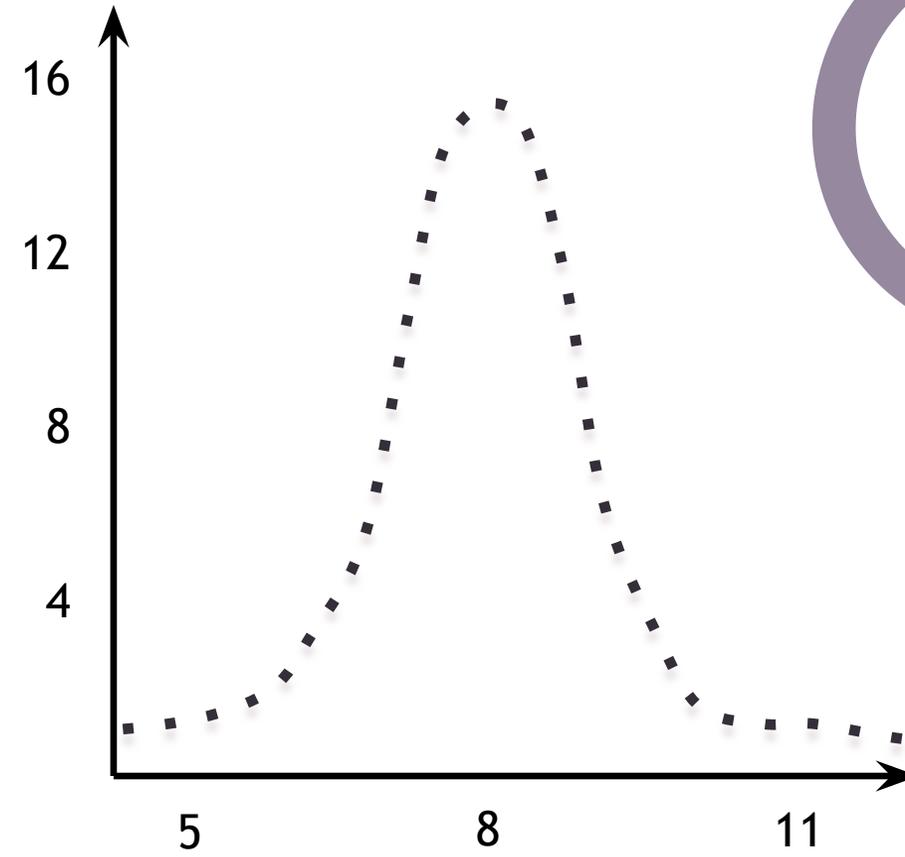


Blood alcohol level of **0.1%**
(Well over the legal limit!)

Sleep need across the population



% of Population



Most people need 7-9 hours of sleep

Needing 6 or 11 is rare

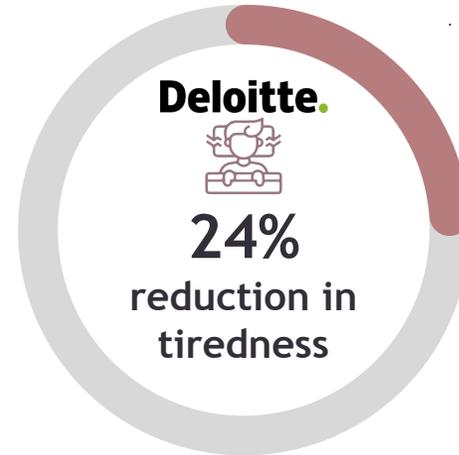
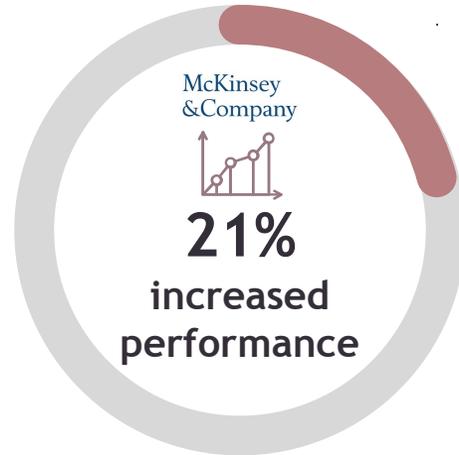
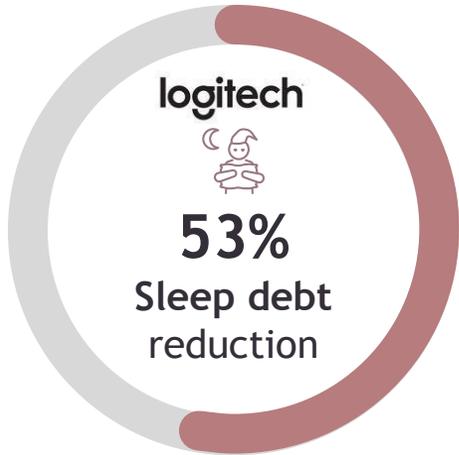
Still unsure? Take our proprietary Sleep Deprivation Checklist



Developed by Dr. Els van der Helm, this comprehensive sleep deprivation checklist gives you detailed signs of sleep deprivation, from changes in emotional and physical appearances to performance changes.

[Download your free copy here](#)

What is the ROI of better sleep?



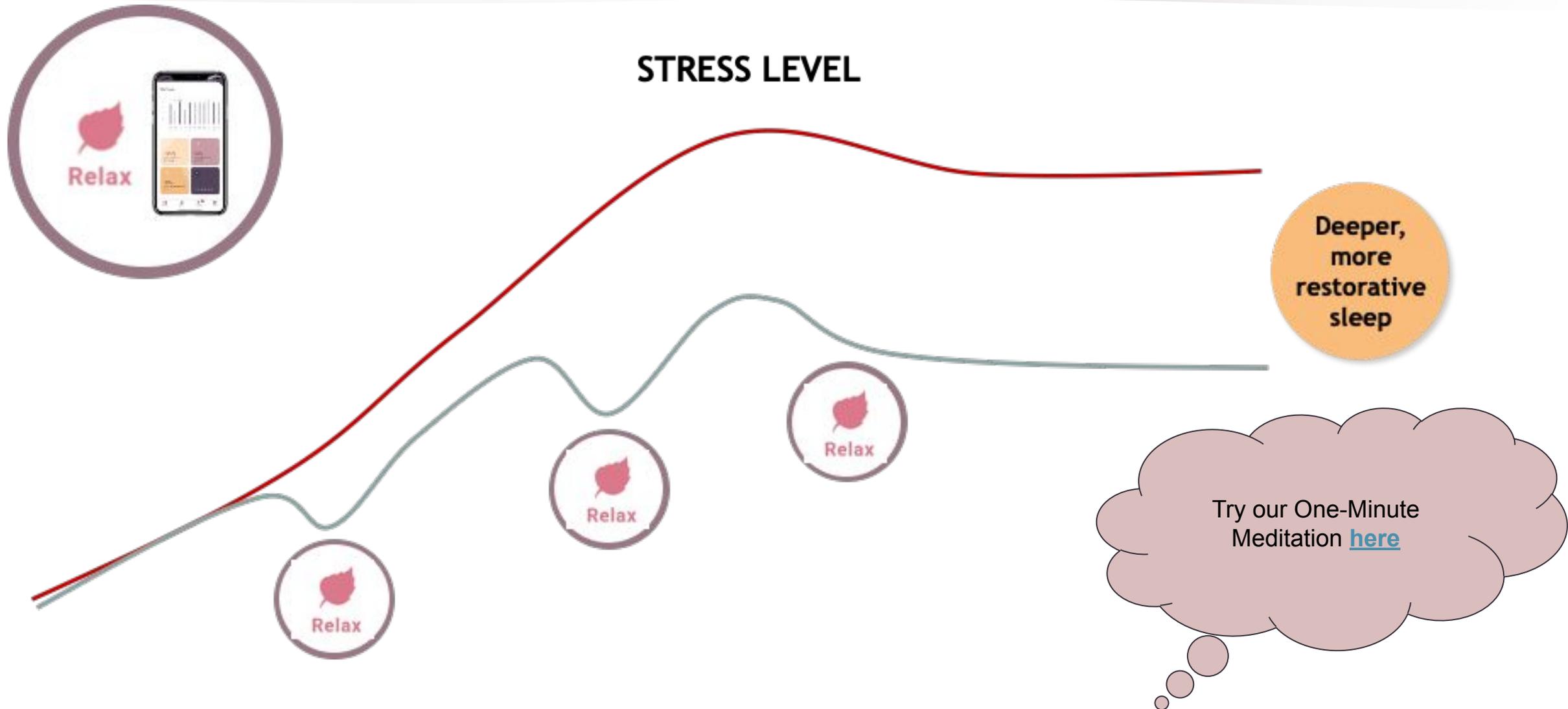
*I can **concentrate** better, and think more **sharply**.
I'm **more creative** in problem solving.
My **emotional resilience** is higher. And I **laugh**
more.*

- Manager at McKinsey

*“I used to sleep **6hrs/night** and think that
was okay. The program has changed my
life!”*

- Director Deloitte Switzerland

Proactively de-stressing helps





Pick one habit to commit to today

1

Commit to no more caffeine
8 hours before bed



Drink up
that last cup
right now!

2

Schedule **30 minutes** of
“unplugged chill” time
this Sunday night



3

Schedule a **20-minute**
power nap this weekend



IT'S ALMOST TIME FOR
BED, SO I GUESS I'LL
JUST CHECK MY EMAIL,
ETSY, INSTAGRAM,
FACEBOOK, AND ONE
FULL SEASON OF A TV
SHOW ON NETFLIX REAL
QUICK.

Don't forget to register for our next webinar!



Dr. Els van der Helm shares the secret behind why apps and social media keeps you tapping and scrolling, and how to free yourself from these hooks with realistic goals, rules and boundaries. Key takeaways include:

- Why is technology addictive
- The effect of excessive tech use on your mental health
- Why is tech a key sleep disruptor
- Hacks to reduce tech use

Plus, a LIVE Q&A segment!

[Sign Up Here](#)

Thank you!

