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THIS CAN



How to Sleep Well in a Changed World

Maryanne Taylor

EMPOWERING WORKPLACE
MENTAL HEALTH

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THIS CAN HAPPEN.

With thanks

Our Partners



ALLEN & OVERY



Our Friends



Bloomberg



enterprise

General
Dental
Council



MERCK



OLIVER WYMAN

TESCO



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HOW ARE YOU FEELING RIGHT NOW?

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Tired

Overwhelmed

Stressed

Worried

Anxious

Angry

Helpless

Bored

Wired

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We sleep better when we feel safe and at peace



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ABOUT ME

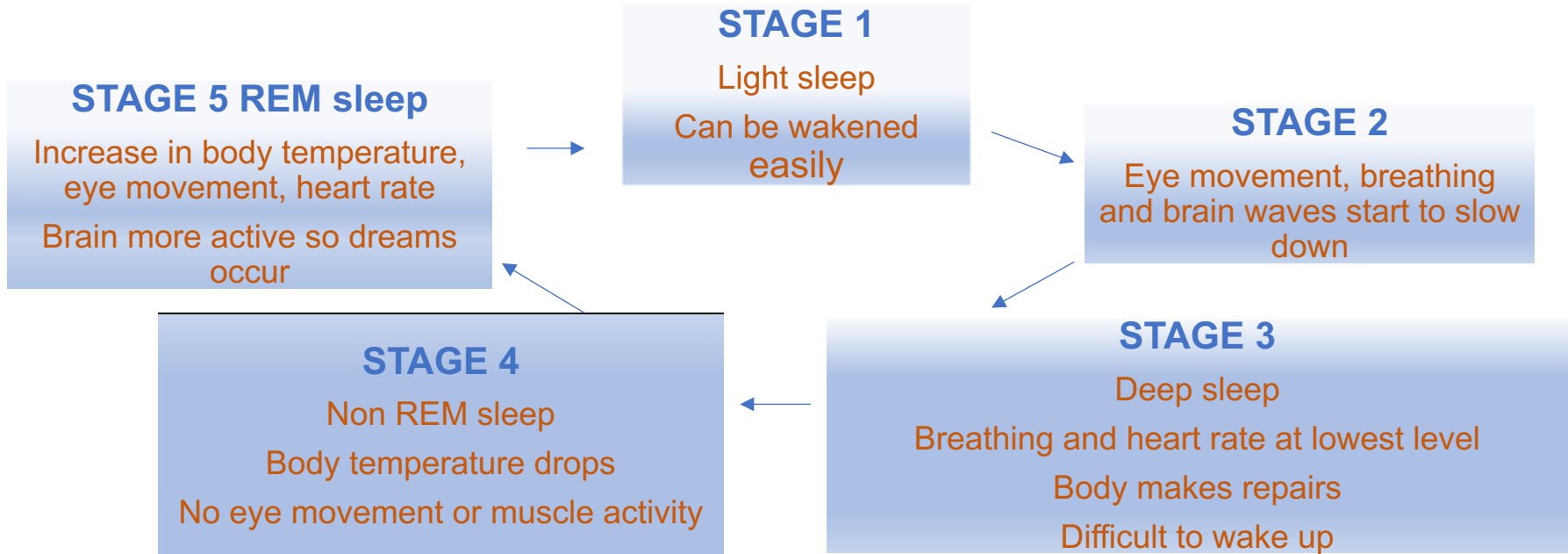


Maryanne Taylor

Certified Sleep Consultant,
Founder of The Sleep Works

www.thesleepworks.co.uk

WHAT HAPPENS WHEN WE SLEEP?



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YOUR SLEEP PERSONALITY

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Anytime, anywhere sleeper



Sensitive sleeper



Insomniac

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HOW MUCH SLEEP DO YOU NEED?

5 hours?

6 hours?



7 hours?

8 hours?

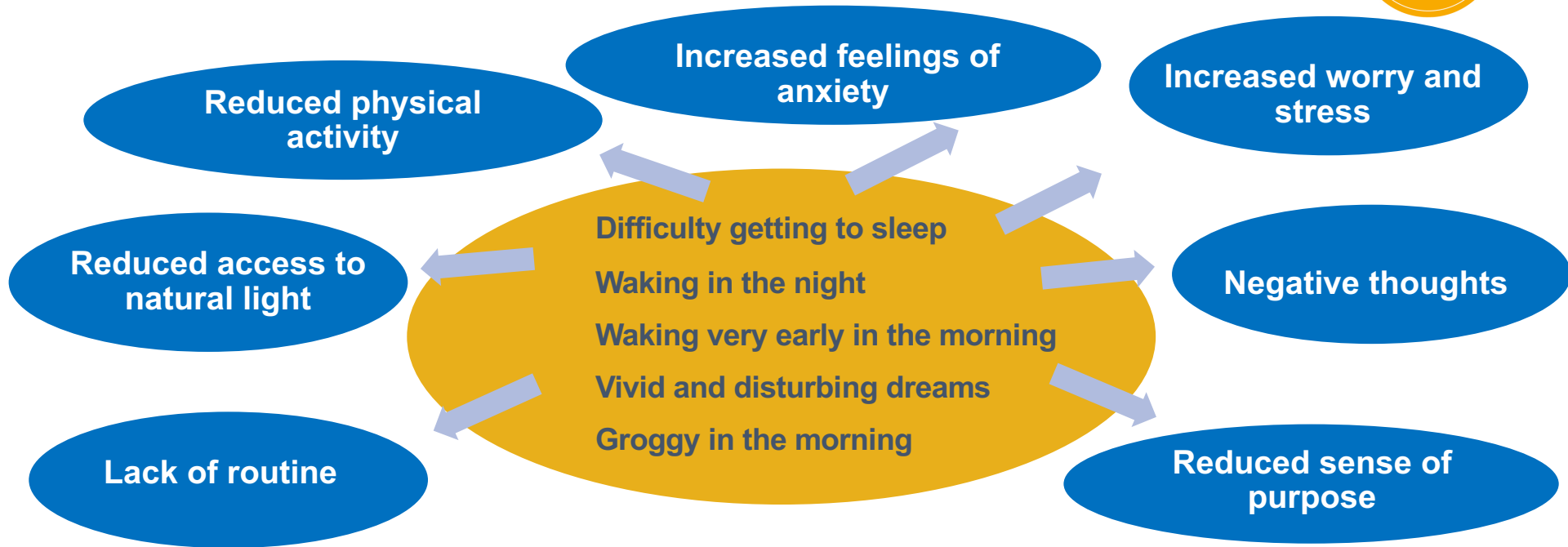
You know you're getting enough sleep when you have enough energy to do what you need and want for *most* of the day, on *most* days.

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HOW HAS LOCKDOWN CHANGED OUR SLEEP PATTERNS?

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BUILDING YOUR DAY FOR A GOOD NIGHT'S SLEEP...EVEN IN LOCKDOWN

- Regular wake up time & get dressed!
- Breakfast within 30 minutes of waking
- Get outside in natural light
- Regular mealtimes
- Be mindful of caffeine and alcohol intake
- Interact with family and friends – phone, facetime
- Avoid napping during the day
- Wind down time in evening – avoid media and news updates
- Go to bed at regular time



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TOOLKIT FOR SLEEP STRESS

- Daily pause in the day
- 'Put the day to bed' diary
- Thought stopping
- Relaxation techniques - equal breathing, progressive muscle relaxation
- 15 minute rule

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SLEEP HYGIENE

- Routine
- Electronics
- Food and drink
- Bedroom
- Pre-sleep routine



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POSITIVES TO TAKE WITH US

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HAPPEN.

Tired

Overwhelmed

Stressed

Worried

Anxious

Angry

Helpless

Bored

Wired



Thank you for joining us today

The next webinar is on Coping with Loss on
22nd April at 11am.

To register please go to:

<https://www.thiscanhappenevents.com/resources/webinars>