



IMPROVE YOUR SLEEP

- How much sleep do we really need?
- Why is everyone different? Exploring circadian and ultradian rhythm
- Sleep architecture and the effect of light
- How good is your sleep hygiene
- Common sleep conditions and medication

SHIFT WORKER WELLBEING

- How shift work affects your health and wellbeing
- Learn how to improve your sleep quality
- Eat better to improve your energy levels
- Manage your mental health and wellbeing effectively
- Physical activity shortcuts that will improve your health

HEALTHY HEARTS

- Exploring the heart and how it works
- Common risk factors of cardiovascular disease
- Do you know your numbers?
- How to identify your current heart attack risk
- Learn the best ways to reduce your heart attack risk

HEALTH & WELLBEING TASTER

- Simple and effective ways to get active
- Learn quick and easy ways to eat healthily
- Discover the secrets behind a great night's sleep
- Manage pressure to boost your mental wellbeing
- Putting it into practice – SMART goals