

A black alarm clock is shown in the top left corner, resting on a dark surface. The clock face is white with black numbers and hands, and it is set to approximately 10:10. The background of the entire top section is a blue-tinted image of a bed with white linens.

Sleep Disorders – better sleep for improved health and quality of life

Content/Goals:

Falling asleep tired but satisfied in the evening and starting the new day strengthened and rested in the morning remains a wishful dream for more and more people: Every second person among our clients complains about pronounced problems falling asleep and sleeping through the night, and every sixth person needs treatment for it.

This is particularly disturbing because there is hardly anything more important for our health than good sleep, which has the capacity to regenerate the body and calm the brain.

In this program you will learn:

- to know the basics of sleep, to find out why our need for sleep changes over the course of our lives and what, according to scientific findings, are the most important sleep-disruptive factors - and which are definitely not.
- what happens in the body and brain when we rest, why so many people have problems falling asleep and sleeping through the night, and what we can do to improve both problems.
- which helpful therapy methods, special relaxation techniques, and gentle natural methods are available for a sleep disorder requiring treatment - and where affected persons can receive professional, targeted support.

Participants receive practice-oriented handout material that supports the transfer of what they have learned to their everyday work.

Trainers:

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration:

Lunch Session 1 h: Theory
Workshop 2 h: Theory and practice
Training 4 h: Theory, practice and experience

Target audience:

Executives/management, employees, trainees

Infrastructure:

The training courses take place in suitable training rooms at your premises.
Lunch sessions can also be booked as webinars.

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