

Mini -Workshop Feedback

Thank you so much for your excellent talk about sleep at the team meeting a few weeks ago, it was really interesting and engaging. 😊

Thanks for this, really enjoyed the process so far, I've read and re-read my report a few times on the tube to and from work already! Got some healthy snacks in and taken some notes on controlling my responses 😊

Once again, thought this was really valuable and I look forward to engaging with this over the next few months.

This course got one of the participants to open up and talk about issues which was pleasing to hear and see that they felt better for doing so. Try to encourage other colleagues as well as myself to take breaks and use the relaxation area.

Healthy balance between work and normal life out of work.

How to decide what is best for your own personal circumstances to manage stress and improve sleep.

Keep up the good work; senior management to attend.

My sleeping pattern has changed due to the menopause; understanding the 90-minute sleep cycle explains so much.

Very good course; talking & listening to other's ideas was useful.

Very good; excellent trainer

Key learning points

Have enough sleep cycles per week; Have downtime at home 90 minutes before bed; Encourage more senior management to attend the course.

Take a step back and clear your head; Calm breathing to remove stress and control; moment meditation.

I am important to me; Breathing exercises; 90-minute sleep pattern.

Learning to talk with someone over a tea break; Understanding a bit more about sleep patterns and how it could be improved.

Managing Work/Life balance.

Organise my sleep times to take account of cycles, breathe and meditation, have a daylight bulb and a warm (red/amber) light bulb in the bedroom.

Think before acting, practise kindness and empathy, work life balance.

To be able to assess if, actually something needs to be done straight away just because someone else thinks so.

Sleep pattern info to help with sleep, especially after night shift.