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# Sleep management and your business

## Sleep matters for your employees.

An alert, attentive workforce is essential, whatever business you're in. From forklift truck driver to software engineer, it's important that your workplace consists of people in the best place to make logical decisions and solve problems.

Insufficient sleep can impact the immune system and have big consequences on physical health. As a result, it could create risks for your business, such as:

- lower productivity
- increased absenteeism
- accidents.

Through Aviva Group Income Protection, you have access to sleep management training sessions conducted by Trevor Bell. These can give your employees the tools to help them sleep better, helping them perform at their maximum potential in today's challenging business environment.

Once we understand your workplace wellbeing needs and timescales, we'll work with you to agree the courses that may be of benefit to you and your business. At this point, we'll be able to confirm any costs involved.

## Meet sleep management trainer Trevor Bell



**Trevor** is a specialist workplace trainer and an Associate of Mental Health First Aid England. He runs a series of programmes aimed at facilitating **culture change** and **combatting the stigma** associated with mental health.

## Sleep management sessions

Sessions can be adapted to your specific businesses requirements. Each session lasts between 45-60 minutes.

### 1 The importance of sleep

Understand why sleep is important to your employees' mental health and wellbeing and why many of us could be functioning with sleep deprivation.

### 2 Getting a good night's sleep

Get a better understanding of the sleep process and what happens to the body during sleep. Discover how to develop good sleeping habits with the aim of attaining a good night's sleep.

### 3 How sleep impacts on our mental health

Help your employees understand how poor sleep impacts on their mental performance. Learn methods to prevent poor habits, such as self-medication.

## Aviva workplace wellbeing

As well as these courses, Aviva's Group Income Protection provides access to many other wellbeing programmes, all of which can be adapted to your business's needs.

### Your business could benefit from:

- Increased productivity and engagement
- Reduced absenteeism and its associated costs
- Improved staff retention.

All Workplace Wellbeing solutions are non-contractual benefits that Aviva can change or withdraw at any time.

The services are available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

## Find out more

Contact us at: [wellbeingservices@aviva.com](mailto:wellbeingservices@aviva.com) and we'll get back to you to discuss your training needs, timescales and costs.

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Just call us on **0800 068 3827** or email **contactus@aviva.com** to tell us:

- the format you need
  - your name and address
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