

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

Content and 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.

Topics

- Understand the basics of sleep, why our sleep needs change throughout life, and which factors scientifically disrupt sleep—and which do not.
- Learn what happens in the body and brain during rest, why many people struggle with falling and staying asleep, and concrete ways to improve these issues.
- Discover helpful therapy methods, special relaxation techniques, and gentle natural treatments for sleep disorders requiring care, as well as where to find professional and targeted support.

Trainer

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