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ERGONOMICS & WELLBEING

Osmond Ergonomics & Wellbeing

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Sleep Well, Live Well: A Guide to Healthy Rest



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Content

- Introduction to Osmond Ergonomics & Wellbeing and the trainer
- Why sleep matters and what happens during rest
- Understanding what good sleep looks and feels like
- The impact of poor sleep
- Tips and relaxation techniques for optimal sleep
- Summary
- Free Resources

Aims

By the end of the webinar, you will –

- ✚ Understand why sleep is important and what happens whilst we sleep
- ✚ Understand what good sleep is
- ✚ Learn some hints and tips for getting to sleep and improving your sleep



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Trainer Profile



- Over 24 years experience
 - Installations: one-to-one training
 - Advanced DSE assessor 2005
 - DSE assessments
 - Escalated workplace assessments
 - Disabled Students – Higher Education
 - Vehicle assessments
 - Training Manager since 2013



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Who are we?

- Wimborne, Dorset – National Coverage
- All staff trained –
 - DSE assessors
 - 3-day Ergonomics in Practice course
- Regular internal training days –
 - Physio lead
 - Mental Health awareness
 - Neurodiversity awareness
 - Advanced driving courses



Sleep Well, Live Well: A Guide to Healthy Rest



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Why is sleep important?

Sleeping is a basic human need and is vital for good health and well-being throughout our lifetime.

It helps in the following ways -

- 🌀 Increases our immunity
- 🌀 Reduces risk of anxiety & depression
- 🌀 Allows the body to repair and rebuild



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What is happening whilst we sleep?

- ⌘ Sleep patterns are broken down into –
 - ⌘ NREM – Non-Rapid Eye Movement (3 stages – N1 / N2 / N3)
 - ⌘ REM – Rapid Eye movement
- ⌘ Reduced brain activity allows the nervous system to recover
- ⌘ Replenishing important neurotransmitters
- ⌘ Body repairs and builds tissue
- ⌘ Body increases the output of growth hormones



What is good sleep?

- ⌘ Adequate duration
 - ⌘ Adults: 7 – 9 hours
 - ⌘ Children: 9 – 13 hours
 - ⌘ Toddlers/Babies: 12 – 17 hours
- ⌘ Relatively uninterrupted sleep
- ⌘ Consistent schedule



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What if we don't get good sleep?

Cognitive impact

-  Affects how well we think, react, work, and learn

Mental Health

-  Increase risk of depression, anxiety and mood disorders


Physical Health

-  Less likely to exercise, increased injury risk and higher likelihood of chronic illness

Hormone Disruption

-  Decreased leptin levels (fullness hormone), increased Ghrelin (hunger hormone)

Health Risks–

-  Heart disease and hypertension, kidney disease and strokes
-  Compromised immune function



Short-term Sleep Challenges

- 🌀 Sleep Onset Difficulties
 - 🌀 Struggling to fall asleep despite feeling tired, often taking 30+ minutes to drift off
- 🌀 Nighttime Awakenings
 - 🌀 Lying awake for long periods during the night, unable to return to sleep
- 🌀 Early Morning Wake-ups
 - 🌀 Waking up too early and feeling unable to get back to sleep for adequate rest
- 🌀 Daily Impact
 - 🌀 Experiencing low mood, concentration issues, increased irritability and unrefreshing sleep



When Sleep Problems Persist

- ❧ Energy and focus
 - ❧ Persistent daytime fatigue and difficulty completing everyday tasks
- ❧ Appetite and Health
 - ❧ Increased hunger, frequent snacking
- ❧ Social Connection
 - ❧ Strained relationships and difficulty maintaining an active social life



Tips for optimal sleep

- Invest in a decent bed/mattress/pillow(s)
- Consistent routine – Go to bed and wake up around the same times
- Start winding down an hour before bed – Reading, soothing music
- Avoid stimulants – Technology, alcohol, caffeine
- Create a restful environment – Room temperature, dark, no distractions, soothing scents.



Don't lie awake in bed if you can't sleep. Do something else like reading or listening to some music until you are tired



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Relaxation Techniques

- 🌀 Guided Meditation – Many different styles on Spotify, YouTube or Apps

- 🌀 Breathing techniques –

 - 🌀 Hands on belly and chest (We want our belly to move more than our chest)

 - 🌀 Breath in through the nose for a count of 4 seconds

 - 🌀 Hold for 4 seconds

 - 🌀 Breath out through the mouth for 4 seconds

- 🌀 Progressive Muscle Relaxation (PMR)

 - 🌀 When lying in bed, start with the feet and move up the body,

 - 🌀 Breath in through the nose whilst tensing toes and feet – hold for 4 seconds,

 - 🌀 Breath out through your mouth and relax your toes and feet

 - 🌀 Breath in and tense your lower legs, hold, breathe out and relax the lower legs



Summary

- ✘ Prioritise sleep as it is important!
- ✘ Follow a regular sleep pattern
- ✘ Create a restful environment
- ✘ Avoid stimulants before bed
- ✘ Start winding down an hour before bed
- ✘ Use relaxation techniques if you're having trouble dropping off



Review of Aims

- ✚ Understand why sleep is important and what happens whilst we sleep
- ✚ Understand what good sleep is
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Questions



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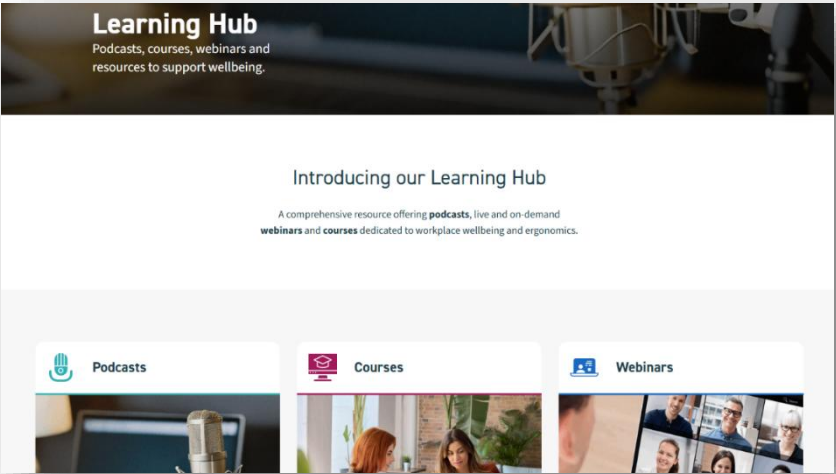
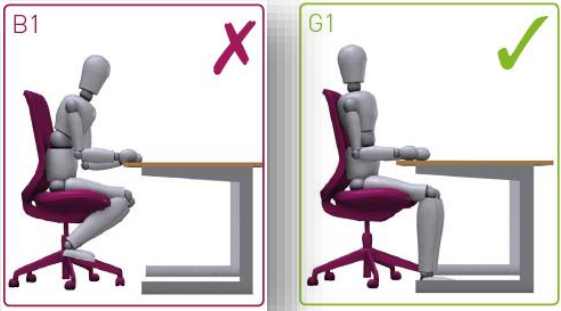
Feedback

- 🔗 Open the camera on your smartphone
- 🔗 Scan either QR Code to leave feedback



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Free Resources



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Free Resources

🌀 Key Resources - www.ergonomics.co.uk

🌀 Products & eCommerce

🌀 Learning Hub

🌀 Courses

🌀 Podcasts

🌀 Webinars

🌀 Insights

🌀 Newsletters

🌀 Articles & Interviews

🌀 Resources

🌀 Posture Guides

🌀 Information and
Brochures

🌀 Blog

🌀 Events

🌀 [Top Tip video showcase on Vimeo](#)



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