



CASE STUDY **SLEEP AND FATIGUE SEMINAR**

DISCOVERY

A client recognised general issues among their team concerning sleep and fatigue. It was decided that an education-based online seminar would assist the team in learning strategies about workplace design and healthier personal habits to improve their sleep and better manage fatigue.. This online forum provided the opportunity to reach a large and widely dispersed, remote, and distributed working team.

DESIGN

The seminar was designed to be interactive and practical, through the online format. The implications of sleep deprivation and prolonged or acute fatigue while working were presented. Participants were led through a series of reflections on their experience of sleep and fatigue. They were asked: What were their key challenges? The considered the strategies to help overcome them. It was recognised that workplace design and improving sleep hygiene habits had the potential to improve their health and well-being.

During the session, the presenter covered several valuable strategies, and questions were posed via the online chat functions and by audio input from the participants. These questions helped tailor the session to the needs of the

group. They included issues such as blue light exposure before bed, circadian rhythms, shift work, stress-related responses to fatigue, and health symptoms that could be better managed or prevented.

REALISATION

Several useful strategies and perspectives were covered in the seminar. This included:

- » Not letting technology get in the way of sleep cycles (reduce the exposure to digital toxicity)
- » Prioritising sleep in the daily cycle
- » How to manage energy during periods when fatigue was a factor
- » How to manage nightshift and shift work generally
- » How to juggle family commitments and work

The seminar highlighted that prioritising sleep and managing fatigue is an important factor for workplace health and well-being, affecting mental health and social relations, as well as general health and safety. The feedback on the session was positive, with participants feeling like they had increased insights into their situation and more awareness of how to improve sleep and better manage fatigue.