Sleep Unlimited ltd

Dates for 2026

Sleeping well to Work Safely

An IOSH approved training course by Sleep Unlimited Ltd.

Can you afford to ignore poor sleep?

Good sleep is fundamental to our health and wellbeing, as well as our productivity and the ability to work safely. Evidence shows us that:

- We are experiencing a 'sleep crisis' in the UK – with 9 out of 10 adults experiencing sleep problems – 75% of these people say that work stresses have caused them sleep issues in the last 6 months*
- Poor sleepers are more likely to have accidents, are less productive at work and have poorer relationships.
- Lack of sleep is shown to increase risk of obesity, stroke, heart disease, high blood pressure, anxiety and depression.
- £37 billion is lost every year in the UK economy due to insufficient sleep**.
- Disrupted sleep increases work absence by 171%***.
- Accidents caused by lack of sleep are 50% more likely to be fatal or result in serious injury****.

Ignoring the signs of sleepiness can have a significant negative impact on the health and safety of your colleagues, prohibiting them from performing well, and have severe consequences for the productivity of your company.

This highly acclaimed course presents case examples from a range of people who have experienced disturbed sleep as a result of work-related stress, shift-working, working in safety critical environments and those experiencing jet lag (as well as normal groups and those presenting with primary insomnia).

Learn how to recognise the signs of lack of sleep in your colleagues, and what to do about this with effective, evidence-based methods. Ensure that those around you are working at their best, and that they are safer, happier and healthier with this essential course.

*'Dreaming of Change: The manifesto for sleep' The Sleep Charity/ cross party MPs 2024
** The RAND Institute 2016
*** Nuffield Health 2022
**** Royal Society for the prevention of accidents (RoSPA) 2022



British Sleep Society – UK Multidisciplinary Sleep Professionals
World Sleep Society – Advancing Sleep Health Worldwide
VRA Vocational Rehabilitation Association
IRCM
UKABIF The United Kingdom Acquired Brain Injury Forum
BABICM British Association of Brain Injury & Complex Case Management
ico. Information Commissioner's Office
The British Psychological Society
BOND SOLON
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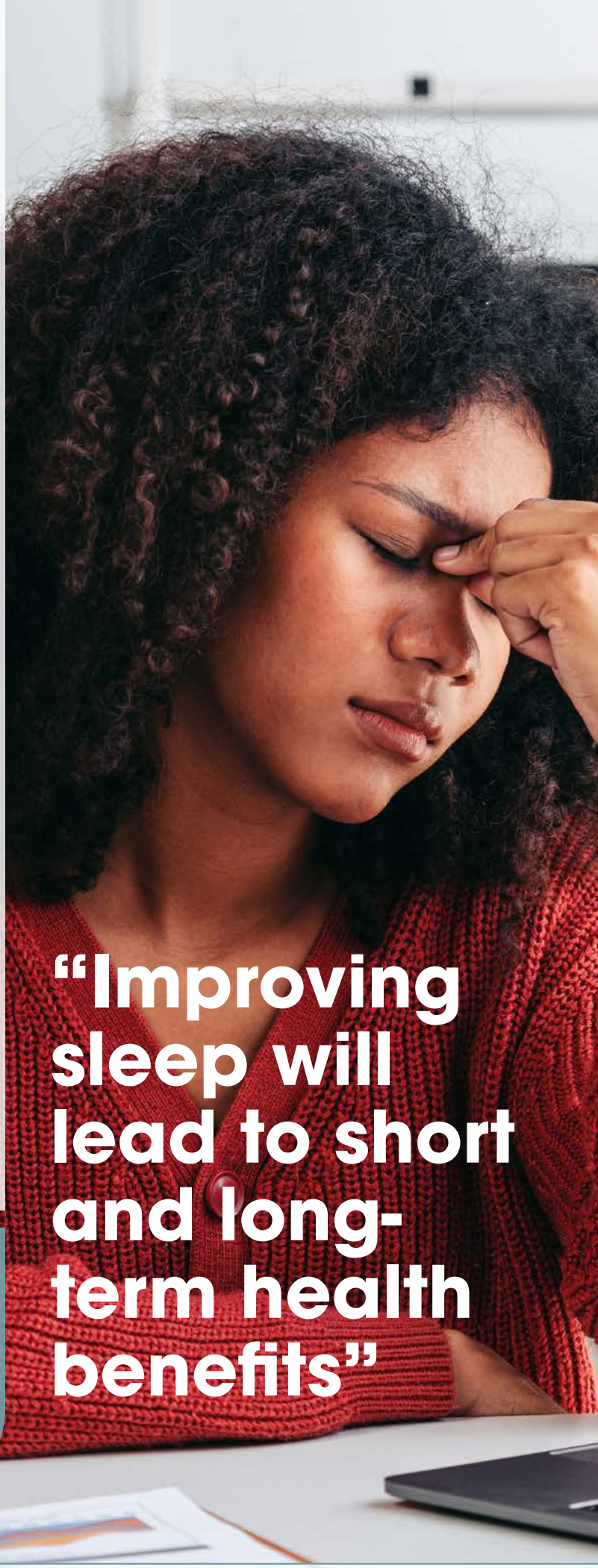
Sleep Unlimited's fully qualified team use only evidence-based methods – effective and efficient learning basics covered in a single programme – no previous knowledge around the subject of sleep is required.

A day long course which has been designed for anyone working globally who may be experiencing or supporting employees with sleep problems.

The Programme

- Online interactive training, facilitated by a Sleep Doctor.
- Informal, entertaining and thought-provoking training, with clear examples.
- Workbooks supplied to support attendees with the implementation of learning.
- Evaluation using a short question paper and a follow up risk assessment in the workplace (to be completed within a month of the training).
- IOSH Sleeping Well to Work Safely Certificate (CA1867).

This training is also available for group bookings – please contact us at training@sleepunlimited.co.uk for more details and prices. It is also run as an open course for individuals or small groups to attend.



Open Course Dates for 2026

Online training from 9.30am – 4.30pm GMT, £385 + VAT per person.

Tuesday 14th of April

Thursday 15th of October

Tuesday 8th of December

Learning outcomes

- An understanding of the science of sleep.
- An ability to identify the different types of insomnias and parasomnias and how treatment can effectively manage common sleep problems.
- Awareness of behaviours which have a negative impact on sleep and how to manage these.
- The impact that shift-working has on sleep and adaptions which can be made to improve sleep in this at-risk group.
- Knowledge of the different types of Sleep Apnoea (sleep disordered breathing) and the health and safety implications of living with these conditions.

Who is this course suitable for?

Anyone and everyone working globally who has an interest in how improving sleep will lead to short and long-term health benefits and improved safety for individuals, and an increase in productivity, improved safety and a decrease in absenteeism.

What further support is there?

Having completed the course, attendees will have the tools to help their colleagues who have common sleep problems - but may identify individuals within their organisation who have more complex problems (e.g. sleep apnoea/ sleep disordered breathing). Sleep Unlimited specialise in the assessment and treatment of these people's conditions and can offer further support if necessary.



Feedback

"Excellently presented and inspirational."

"Very informative"

"Really engaging and enthusiastic"

"A very good experience from which I have learned a lot which will be useful personally and professionally."

"An excellent training experience with lots of practical strategies.."

"The information provided is high quality and demonstrates expertise."

"Really engaging presentation with real examples and good balance of theory and practice."

"The most important training you can receive in your career in mental health."

"The best CPD event I have been on."

"You've had the most feedback we've had from any trainer – and all of it was positive!"

"Striking improvements reported"

"Fab presenter, fab info to take away and use professionally and personally."

"Extraordinary, excellent training that I would recommend to everyone."

"Really enjoyed the training – very engaging and delivered well – kept interesting throughout."

"Very interesting training, lots of great information and well presented, thank you!"

Sleeping well to Work Safely: How to book

Complete the booking form, tick the terms and conditions box in the bottom left corner and email back to training@sleepunlimited.co.uk – please complete one form per attendee.
Payment is by card or BACS – details of this are on the invoice sent to you after booking.

Please make sure to book early – the number of places are limited to allow for interactivity in the sessions.

Name		
Work email address		
Telephone		
Professional background/ Current field of work		
Date of course(s)		
Where did you hear about this course?		
Payment method	☐ Self Funded ☐ Employer*	
Our company use a Purchase Order System	☐ Yes ☐ No	*~~PO number~~ required.
Please provide any invoice instructions, including: Who to invoice, contact details and PO where relevant		

Please email to training@sleepunlimited.co.uk

Please read the terms and conditions below and tick the box to confirm you agree with them.

Terms and Conditions for Booking:

You are strongly advised to check that there are places left on the course you wish to attend before submitting your payment as capacity is limited. Payment is via bank card or BACS and strictly by the date on your invoice to secure your place. Details of how to pay are found on the invoice. Receipts will be sent with confirmation of your place on the course. Cancellation must be received in writing. A refund of the course fee less a processing charge of £75 GBP will be made if Sleep Unlimited Ltd receive your cancellation on or before one calendar month before the course date. No refunds can be given after this time. One substitution of a delegate may be made up to one calendar month before the course without charge by emailing us at training@sleepunlimited.co.uk.
You may move your place to another online course for a processing fee of £75 GBP up to a month before the course depending on availability – please contact us to arrange this – and note that there may be a difference in course cost which may mean an additional charge. Sleep Unlimited Ltd are not responsible for ensuring that you have the right equipment and internet connectivity to attend the course, including a camera which will be switched on during the course and access to Zoom. Please note that the training will be recorded – recordings may be used for Sleep Unlimited Ltd training purposes but are not shared with anyone outside Sleep Unlimited Ltd unless necessary. If anyone is deemed to be behaving in a dangerous or antisocial manner during the course (e.g. driving), Sleep Unlimited Ltd reserve the right to evict that attendee from the training and will not offer any refunds in this case. You understand that this course is not designed as a train the trainer event, and the information that you receive during the IOSH approved training remains the intellectual property of Sleep Unlimited Ltd and will only be used alongside your current practise to help clients and colleagues and the training will not be disseminated further. You agree not to record the training or allow other people to attend. Sleep Unlimited Ltd reserve the right to protect their Intellectual Property or to make additional charges where there has been a breach of these terms. If you have any issues on the day, then Sleep Unlimited Ltd staff will try and help you if we can but are not responsible if our employees are not available to help you sign up to Zoom or if you have technical difficulties. Part of the course includes an online assessment on the day of the training, which will be held at the end of the session, and a written risk assessment to be sent to Sleep Unlimited Ltd no later than one calendar month after the course you attend. You will complete these assessments by yourself and submit them promptly – Sleep Unlimited Ltd are not held responsible for non-submission of work or technical failure on your system. Sleep Unlimited Ltd will acknowledge receipt of your written assessment, it is your responsibility to chase this if you do not hear from us. These assessments form part of the course, and certification will not be sent out to anyone who has not completed and passed these assessments

☐ **I have read, understand and agree to the terms and conditions for booking.**

22 Years Teaching the World to Sleep for 22 years

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