

# Individual coaching to provide skills, resources and support to sleep better, feel better, work better.



## **Sleep:**

We can help you design a sleep schedule to fit around your work and personal life. We specialise in sleeping disorders including insomnia, light or unrefreshing sleep and body clock challenges.



## **Positive mood & clear thinking:**

We can train you to effectively use the nine switches of human alertness, manage mood, and harness your cognitive processes to improve your attention, memory, learning and higher reasoning.



## **Keep physically active:**

If you are looking to increase and improve your physical fitness; we will assess what sport or activity is possible given your current shift pattern and personal preferences.



## **Have a good work/life balance:**

We work with you to create habits to improve your work/life balance incorporating the demands of shiftwork and personal preferences.

To schedule an appointment call **0800 WAKEUP (925 387)**

or visit our website **[www.shiftwork.co.nz](http://www.shiftwork.co.nz)**