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