

Sleepology[®]

BY ANANDI



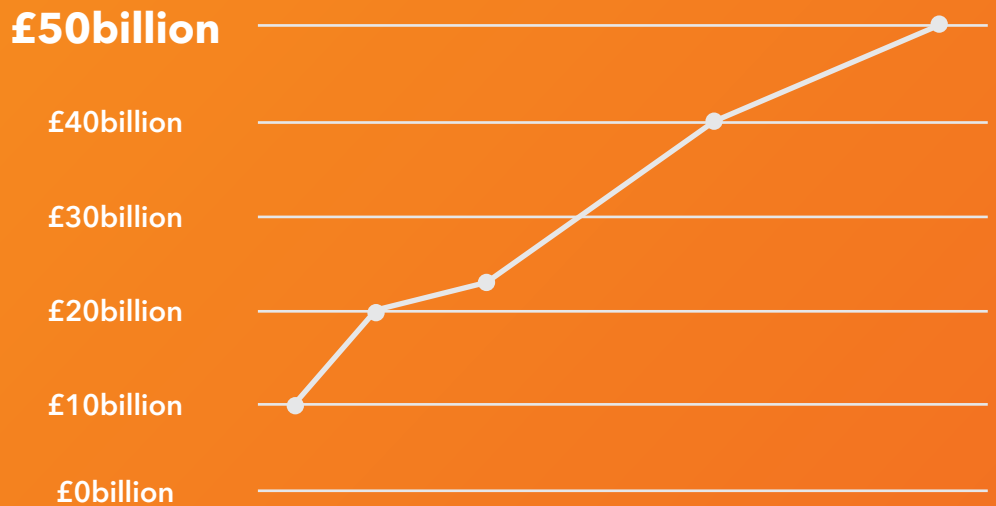
**Better Sleep =
Better Productivity**

SLEEPOLOGY FOR
THE WORKPLACE

“ Lack of sleep is costing you money and it’s costing the UK economy **£50 billion**.

Poor sleep causes lack of productivity and absence through sickness and stress.

The cost of sleep deprivation to the UK economy



“ Better sleep means better productivity, better stress tolerance, better focus and fewer sick days

Two thirds of UK employees report poor sleep, with stress being the primary cause.

Stress, in turn, causes poor sleep.

Stress and poor sleep together are damaging in both the short term and for long-term health.

The good news is that there are natural ways to improve stress levels and sleep quality.

“ Sleepology is good for business



**Getting good quality sleep is
fundamental to everything in your life**



Better sleep will:

- **Improve productivity**
- **Improve mental clarity**
- **Improve focus**
- **Reduce sickness**
- **Reduce stress**



**10 million
prescriptions for
sleep medication
are given out
annually by the
NHS**

Although alcohol and sleep medication are among the most common ways Brits manage poor sleep, these affect sleep quality, meaning the person sleeps longer but not better.

Long term, the clinical consequences of untreated sleep disorders are very serious and are associated with numerous serious illnesses, including high blood pressure, strokes and depression.

SLEEPOLOGY METHODOLOGY

By applying the Sleepology principles, you will understand your current situation and will then be guided through a range of solutions to deeper, more restful sleep.





STEP 1 - **WHY**

We begin with a deep enquiry into the current state of the individual. This understanding enables you to see which are the most important areas to address.



STEP 2 - **HOW**

Now we understand the imbalances, we will develop a sleep-improvement programme, tailored to the individual, based on the 5 principles of Sleepology.



STEP 3 - **MIND**

Techniques for deep relaxation and grounding enable inner stress to be reduced and a calm state of mind to be achieved.



STEP 4 - **BODY**

It is hard not to notice the increasing scientific evidence linking healthy digestion to our overall physical and mental wellbeing, including stress tolerance. The Body principle of Sleepology aims to improve digestive efficiency, stress and thus improve sleep.



STEP 5 - **REJUVENATE**

Rejuvenate is based on Ayurvedic idea of nourishing the person at all levels - mind, body and soul, improving sleep quality, energy levels and reducing stress.

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SLEEP BETTER, FEEL
BETTER, DO BETTER!

WHAT YOU CAN EXPECT



Armed with Sleepology techniques and lifestyle advice, you can expect your team to be more productive, have greater mental clarity and have more energy to achieve results.

The benefits of great sleep are indisputable. A well rested team is a productive team!

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**Sleepology is
good for business**

How to bring Sleepology into your organisation

Anandi can bring Sleepology to your workforce through:

- Talks and presentations
- Workshops
- One to one Sleepology consulting



What others say about working with Anandi

“We have had the pleasure of working with Anandi for several years and she has become a wonderful friend of the show. Her expertise and knowledge around sleep, the breath and living mindfully (always delivered so eloquently) has continually captured our audience’s interest. She is always generous with her time, energy and resources and we love that she is always happy to help us and cheerful to chat to”

Adele Balzan, Director, Mindful Living

“Thank you so much Anandi for speaking at Project Me Live! As the theme was Health & Wellbeing, you came highly recommended as an expert on sleep - and my audience really appreciated you sharing your wisdom around this important topic. Many left with a new goal to make good quality sleep their priority. Thanks for being a true professional and an absolute delight to work with”

Kelly Pietrangeli, Founder Project Me

“Thank you for the wonderful and amazing sharing on the Sleepology programme. The teams have improved tremendously on their sleep knowledge and are confident after your coaching. The life changing habits and information you gave to us will continue to be embraced by the team and we will share this with our resort guests to optimize their wellbeing”

Angie Tai, Director, One and Only Reethi Rah, Maldives

ABOUT ANANDI



Anandi (aka: Alison Francis) is an Ayurveda and breath coach specialising in stress, exhaustion and sleep deprivation. She's a speaker, author of Breathe Better Sleep Better and the Founder of The Sleep Guru.

Anandi brings ancient Indian medical science to meet twentieth century needs. She is passionate about helping others manage sleep deprivation as she struggled herself with insomnia for many years whilst running a company. She understands the devastating effects of sleep deprivation on business owners and staff.

She's been researching sleep and developing Sleepology for the last 10 years and has been working in the health and wellbeing area for nearly 30 years.

HOW TO GET
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