

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



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

Better sleep will:

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

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.

SLEEPОLOGY METHODOLOGY

Most sleep approaches focus on behaviours — routines, rules, or hacks. This work is different. The Unshakeable Self is restored by rebuilding internal stability: the nervous system, daily rhythms, and energy systems that allow sleep to happen without force.

Rather than treating symptoms, this diagnostic applies a clear, repeatable framework to identify where stability is breaking down in your system — and what needs to be supported first.

When these foundations are addressed together, night awakenings naturally reduce, recovery improves, and daytime clarity returns.

This work is delivered through a clear methodology — Sleepology by Anandi® — which restores internal stability by working across three core pillars.

NERVOUS SYSTEM STABILITY



The foundation of internal safety and regulation

Supporting the nervous system to move out of constant vigilance so the body can switch off, settle, and recover.

(This is the primary stabiliser — everything else depends on it.)

SLEEP AND DEEP REST



Night-time recovery and restoration

Rebuilding sleep architecture and evening wind-down rhythms so rest becomes consolidated, nourishing, and reliable.

DIGESTIVE RHYTHM



Metabolic ease and daily rhythm

Improving digestive quality and timing so energy is assimilated properly and the body can fully settle overnight.

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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

Alison can bring Sleepology to your workforce through:

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



What others say about working with Alison (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 ALISON (ANANDI)



Alison Francis (aka: Anandi) is an International Sleep Specialist. She's a speaker, author

of *Breathe Better Sleep Better* and the Founder of *The Sleep Guru*.

She has appeared in the press all the major glossies including *Cosmopolitan*, *Women's fitness*, *Psychologies*, *Daily Mail*, *In the Moment*, *Spirit* and *Destiny* and the *London Evening Standard*

Alison 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.

HOW TO GET
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