



## **Atlanta group:**

*An insight into the benefits of sleep coaching in a work environment.*

This was a case study where Atlanta Group allowed employees 30 minutes a day in work time for a week to complete the age appropriate online course, allowing them to create a plan that suits their individual needs and implementing changes in their home life to improve sleep.

# **The Workplace Sleep Coach**

[www.theworkplacesleepcoach.com](http://www.theworkplacesleepcoach.com)

# A brief glimpse into the struggles of working parents:

A survey conducted before participants had received any form of sleep coaching revealed that:

The average amount of sleep per night was between 3-7 hours, of which was often broken

Each participant's child woke on average 1-6 times per night, for up to 2 hours at a time.

No participants rated their self care above 3 out of 5.

All participants felt more could be done to understand the impact of sleep deprivation in work.

Only 20% of participants reported that their baby was sleeping enough for them to function safely in their job.

80% of participants feel that their performance in work is not the same as before they became a parent.

# Key differences



After undertaking the relevant sleep course, participants reported:

- 28% increase in mental health scores
- 16% decrease in anxiety scores

The average number of wake-ups per week decreased from **47** to **19**.

‘On the weekends we have a nice gradual bedtime routine’

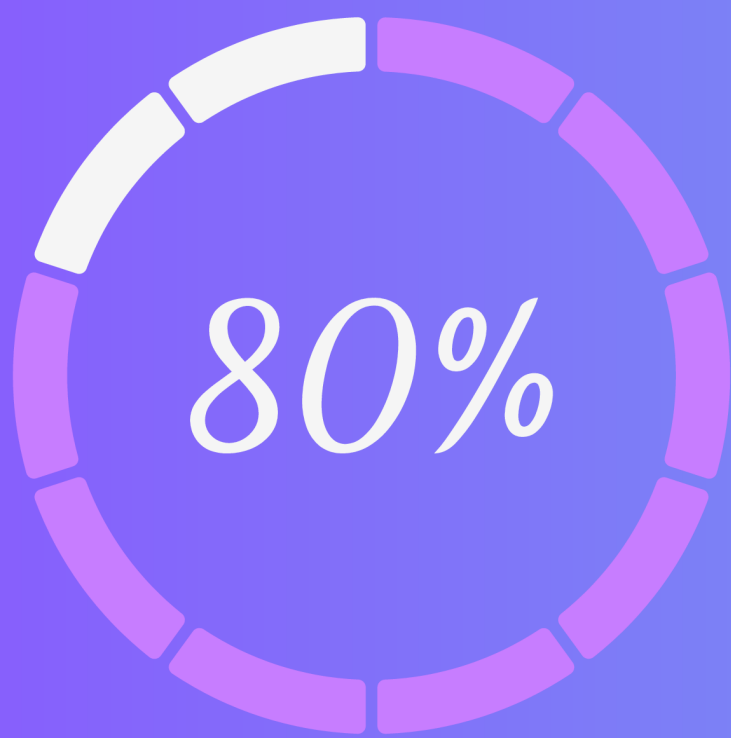
‘Definitely improved pre bedtime routine with understanding of the biology of sleep and what can impact’

‘It’s nice to have confidence I will have a full night’s sleep’



# Wellbeing after receiving sleep coaching .....

On a scale from 1 (very poor) to 5 (very good):

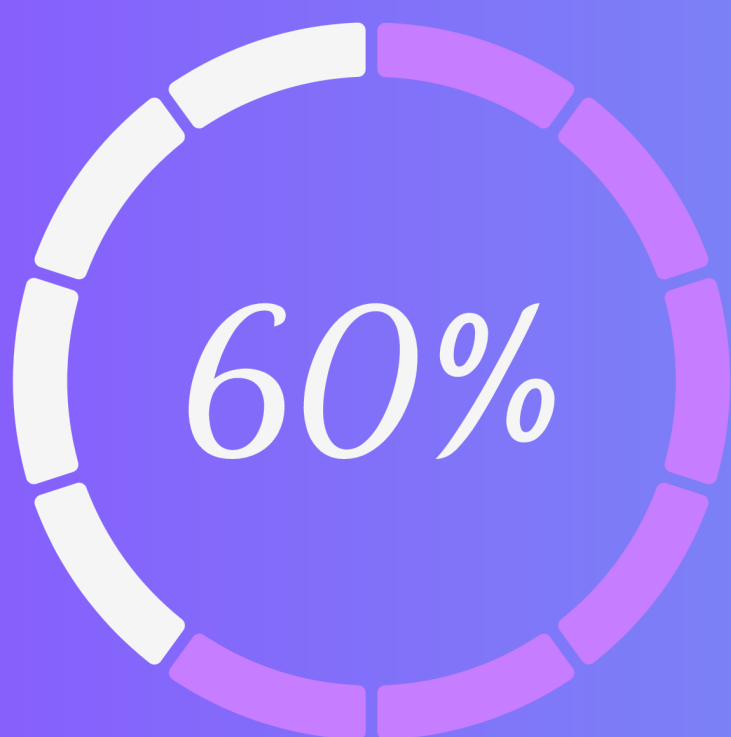


...rated their mental health at 4 or above

...rated their home relationships at 4 or above

...reported their child's and their own sleep improving

...rated their confidence of staying with the company at 4 or above



...reported that they feel more effective in their job role

...rated their sleep quality at 5



# Feedback on the sleep education course .....

‘It would help people to feel less alone and like they are failing in their parenting.’



‘It has improved pre bedtime routine with the understanding of the biology of sleep and what it can impact.’

‘We need to incorporate education about sleep support into our standard colleague care programmes.’

## All participants:

- Feel that sleep coaching should be offered to all parents when returning to work
- Are glad that they took the course and would recommend it to others

75% feel more confident in their decisions in work after taking the course

# Putting our best foot

# forward .....



All participants praised Atlanta group for their support for working parents and feel that there are ‘lots of things in place’.

However, in order for the company to continue to support working parents and their wellbeing, the following recommendations were commonly stated:

# Putting our best foot

## forward .....

1

Educate managers about how to support working parents and issues that working parents often struggle with.

‘I think we need better training for managers to be able to support our people.’

2

Promote a culture among employees where sleep deprivation is taken seriously and understood.

‘I think the impacts of sleep deprivation are not understood’

3

Where possible, allow parents flexibility to create quality time with their children in the run up to bedtime.

‘On office days, when I get home, it feels like there is no time to do anything else apart from start the bedtime routine.’