PERFORMANCE LIFESTYLE® CORPORATE PROGRAM

Performance EDGE™ Sleep Training

Predict Fatigue | Prevent Burnout | Get the Edge

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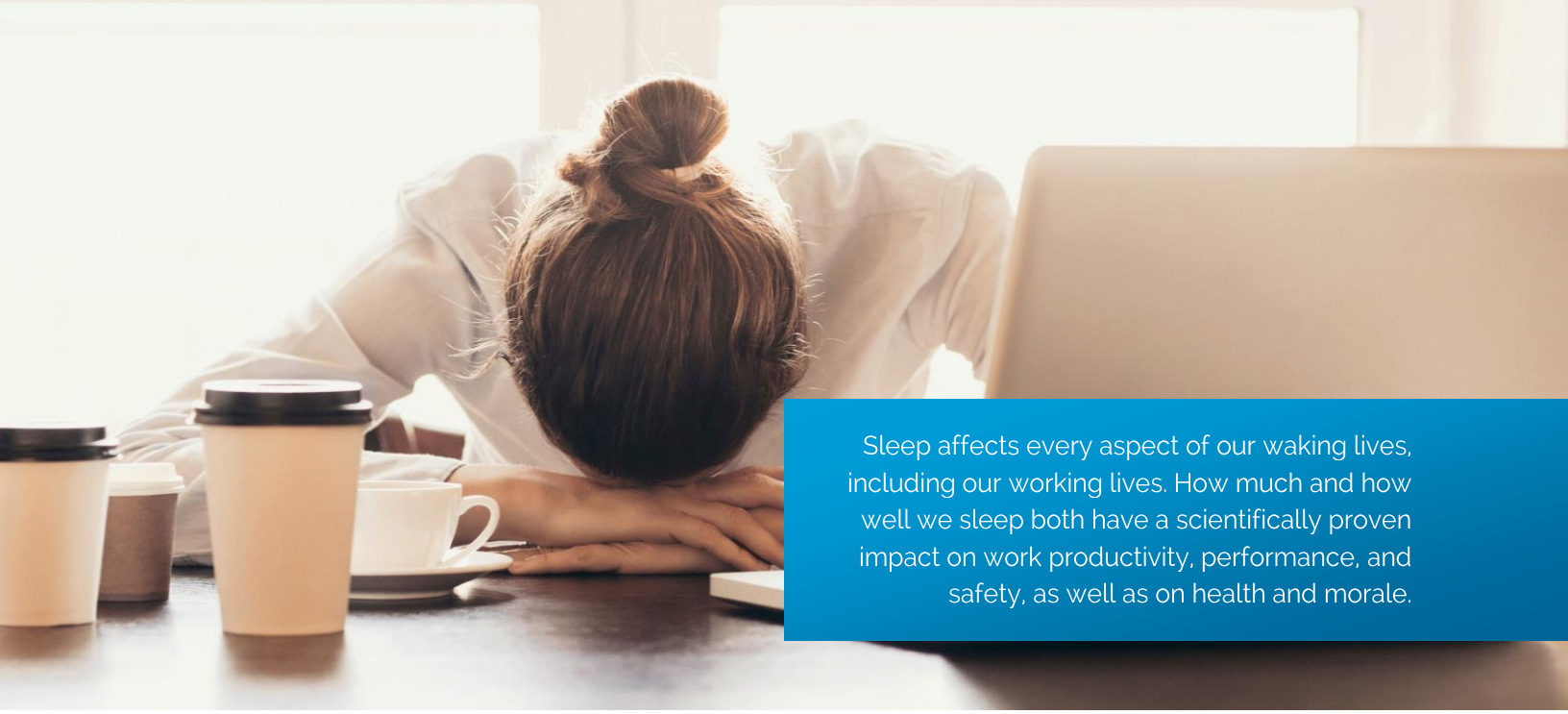
PERFORMANCE® LIFESTYLE



Sleep affects every aspect of our waking lives, including our working lives. How much and how well we sleep both have a scientifically proven impact on work productivity, performance, and safety, as well as on health and morale.

SLEEP – The most vital component to human performance

As the demands on the global workforce increasingly stretch the boundaries of productive working hours, a clear need has emerged to manage sleep habits for optimal productivity. Companies tend to focus on nutrition and fitness as part of an employee's / executive's health and wellbeing to limit burnout, but forget the most important daily biological process: sleep.

Scientific research reveals that sleep deprivation directly impacts nearly every cognitive and physiological function imperative for peak employee performance. Sleep impacts employee alertness, judgement, productivity, absenteeism, turnover rates, profitability, safety, and increases health care costs.

When employees are sleep deprived, they may exhibit impairment of cognitive and logical reasoning skills, poor judgment, compromised decision making, and diminished ability to communicate and/or process information. As a result, employers are paying for approximately eight unproductive work days annually per sleep deprived employee. Additionally, employers are burdened with increased health care costs for employees with insufficient sleep and untreated sleep disorders.

Increasingly, employers are recognizing that sleep is an employee asset with an ROI that can be leveraged to benefit both employer and employee.

By providing sleep education and training to their employees, management can improve their company's bottom line by optimizing performance, decreasing healthcare spend, promoting well-being and improving safety of the employees.

Optimal Sleep is the performance edge.

Help your people sleep better with Performance EDGE™ Sleep Training

Sleep is often a critically overlooked factor in employee performance.

Performance EDGE™ is a ground-breaking training solution designed to address the issue of sleep and fatigue for all levels of a corporation or organization's workforce regardless of the hours they work.

With an objective, validated personal fatigue management system including sleep education, your workforce will get trained to optimize their sleep quality, quantity and consistency to support sustainable sleep improvement—and discover how to measure a quantifiable improvement in their daily fatigue. Empower your employees to understand their own fatigue and sustain positive habits based on real data and training.

At the end of this training, participants will have learned the following:

- Understand the science of sleep and fatigue.
- Adopt optimal sleep hygiene practices starting with optimal morning and night time routines.
- Perform a "bedtime calculation" to calculate the right time to go to bed, given their unique sleep patterns and schedule.
- Understand their baseline level of daily fatigue and know how to utilize their daily effectiveness score to own their schedule.
- Set a personally achievable Daily Alertness Goal that helps them aim for a quantifiable improvement in their own fatigue levels.
- Discover how to predict their fatigue for the day ahead and adjust their routine accordingly.
- Use the Readiband app to apply their training and stay on track.

BASELINE FATIGUE ASSESSMENT
Prior to the workshop based on /FS Assessment

1 DAY WORKSHOP
Delivered on site with live trainer

FATIGUE MANAGEMENT SOLUTION
Fatigue Science Readiband™ for 90 days or 1 yr

WORKBOOK / GUIDE
Printed or digital workbook to accompany

INDIVIDUAL REPORTS
Daily / monthly summaries to highlight your goals and progress

Q&A WITH TRAINER
Get your questions answered by experts online

Performance EDGE™ Sleep Training is a sleep science-based training solution designed to reduce workforce fatigue at its source, proactively prevent burnout by optimizing the most vital component of human performance – SLEEP.

Performance EDGE™ Sleep Training is proven to help elevate performance, increase productivity, and drive engagement through sustainable sleep improvement – so individuals, teams, and organizations can perform at high levels without burning out.

This program has six elements which are connected and designed to create a consistent 'drumbeat' of inspiration, continuing education and support accountability that make the difference.

Fatigue Management Solution

It's common knowledge that sleep loss and nighttime shift work are the root cause of accident-related fatigue. But merely knowing how many hours you have slept tells you little about your actual fatigue risk - and even less about how to reduce it.

To manage fatigue, you need more than just a sleep tracker. That's why professionals in demanding, high-risk jobs, from heavy industry to championship-winning pro sports teams to the armed forces rely on the Fatigue Science Readiband™ to measure, manage and reduce their fatigue. Now, through a partnership with Performance Edge, this elite technology is available to high-performers in business as well.

Baseline Fatigue Assessment

Prior to the workshop, participants receive Readibands so they can start tracking their sleep and benchmarking their fatigue levels using their Alertness Score. They also receive a detailed summary of their data to provide focus prior to joining the workshop.

Individual and Business Reporting

It's vital when it comes to improving your sleep, alertness and effectiveness. By wearing a Readiband, participants receive daily insights not only into their sleep patterns (such as sleep onset timing, consistency, and subtle awakenings that rob you of quality time asleep), but also their resulting fatigue levels that emerge as a result of these patterns, their cumulative sleep debt, and their circadian rhythm. This daily stream of insights into one's resulting fatigue keeps their importance of sleep habits front and centre in a way consumer-grade sleep apps do not, and the broader dataset provide decision-making insights for both the individual and their company. These reports are introduced in training, and are accessible daily, and the ability to easily add private support from a sleep expert is available to participants at any time.

1 Day Workshop

Be it productivity, performance, safety, health or health care costs, sleep deprivation and fatigue have a significant impact on an employee and in turn, on their employer. The Performance EDGE workshop tackles these very elements by providing basic sleep science training and sleep improvement strategies and tools that help develop positive habits and behaviors that are otherwise nearly impossible to sustain.

Workbook / Guide

When it comes to lifestyle, sleep is often an afterthought, following nutrition and exercise; when the truth is, it's the foundation of your lifestyle and your performance. The Performance Edge is all about sleep performance, and few of us have had any training other than "get your 8 hours of sleep". This guide will change that. As participants go though the workshop they will have a guide to follow along with the presentation in a captivating way. This guide will also serve as a reference throughout the course period and beyond. What is fatigue, what is its impact and why, how do you improve sleep quantity, quality, and consistency?

Live Trainer/ Expert Q&A

Performance Edge™ Training is led by an expert trainer and coaches who are intimately involved in supporting the participants. Once the live event is over, Q&A is available online whereby the trainer and fellow CPLC's, all certified in sleep performance, will be available to answer questions.

This training gives instant results that you can put into practice tomorrow.

"As a global trade show, event & meeting professional who works long hours and crosses time zones regularly, sleep is of utmost performance. I know when I'm not getting enough, now better than ever. **With the Readiband, fatigue is an objective science, not something that's subjective with the potential to negatively impact my life. My daily effectiveness score keeps my sleep front and center.** Combined with Performance Edge Training, I am truly powered to perform at the level I'm capable of because I know what to do to get the best sleep possible."

- Cindy McCormick, Novo Nordisk.

"**The Performance Edge is brilliant!** A high-profile plan to improve that explains fatigue and recuperation as something more than just "get 8 hours of sleep and take a nap."

- James Maas Ph.D. Professor of Psychology, Cornell University | Author, PowerSleep and Sleep for Success

About Performance Lifestyle® Inc.

It's next-generation performance, lifestyle training and coaching focused on helping driven goal and success-oriented people develop the necessary skills needed to manage the unique demands of being always on.

Integrating the most advanced scientific principles and practices from various fields like sleep, psychology, productivity, nutrition, periodization, neuroscience, and sports; Performance Lifestyle (PL) is a whole-life approach to addressing the causes of excess stress and burnout for optimal performance.

PL programs are designed to help you optimize sleep (the one third of life on which the other two thirds depend), and live with optimal energy levels so you can maintain an optimal performance state. The objective is to maintain a performance lifestyle, so you can live in balance with vibrant health and peace of mind while achieving even your most ambitious goals.

CONTACT US FOR MORE DETAILS

1-855-697-5365
support@performancelifestyle.com
www.performancelifestyle.com

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