



IOSH APPROVED COURSE

Sleeping Well to Work Safely

An IOSH-approved course for occupational health professionals on recognising sleepiness at work – and what to do about it.

What you'll learn

- The signs of lack of sleep and why they matter for health and safety
- Case examples: work-related stress, shift work, safety-critical roles and jet lag
- Effective, evidence-based methods to improve sleep
- How to help colleagues work safer, happier and healthier

Who it's for

All occupational health professionals, and anyone responsible for staff wellbeing or safety.

COURSE DATE

Date to follow

VENUE

Online / venue to be confirmed

COURSE FEE

£XXX + VAT (TBC)

LED BY

Sleep Unlimited clinicians

Book your place

Complete the booking form overleaf and return it to

info@sleepunlimited.co.uk

Group bookings and in-house courses available on request.

Sleeping Well to Work Safely

Please complete one form per delegate in capital letters and return it by email or post. Places are confirmed once we receive your booking and payment or a purchase order.

COURSE DATE

- ☐ [Date to follow]
- ☐ [Date to follow]
- ☐ Please contact me about a group / in-house course

DELEGATE DETAILS

Full name	Job title / profession
Organisation	IOSH membership number (if applicable)
Email	Telephone
Address	

INVOICE DETAILS (IF DIFFERENT)

Invoice contact name	Invoice email
Purchase order number	Organisation

ANYTHING ELSE?

Access or dietary requirements

How did you hear about us?

Signature

Date

Terms (sample wording – to be confirmed by Sleep Unlimited): Payment is due before the course date. Cancellations made more than 28 days before the course will be refunded less an administration fee; after that, fees are non-refundable but a colleague may attend in your place. We will use your details only to administer your booking, in line with our Privacy Policy at sleepunlimited.co.uk/privacy-policy.

Email

Scan or photograph this form and send it to
info@sleepunlimited.co.uk

Post

Sleep Unlimited, PO Box 570, Gateshead NE8
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