



dcm THE LEARNING EXPERTS



Member Events

DCM Members' Mindful Summer Wellness Sessions



Sleep | Rise & Shine

About Me



Areas of Expertise



Mind



Body



Nutrition



Physical



Social



Sleep

Qualifications

- ▶ BA Hons
- ▶ Diploma in Nutrition & Lifestyle Coaching
- ▶ Level 5 Effective Coaching & Mentoring
- ▶ OCN Level 3 in Sleep Coaching
- ▶ Insomnia Practitioner Diploma
- ▶ Anxiety Management Diploma

Clare Hegarty

DCM Learning Trainer

What's Coming Up?



Delivered Live via Zoom



All Sessions Recorded



Free and unrestricted for DCM Members

10am - 11am



Savour the
Flavour

Nutrition

10am - 11am



Summer
Unplugged

Mental Health

10am - 11am



Rise &
Shine

Sleep

10am - 11am



Relaxation
Tour

Mental Health

Sleep Matters

Unlock the secrets of restful and rejuvenating sleep. This session will be giving some valuable insights, practical tips, and effective strategies to help you understand, improve, and optimise your sleep for enhanced health and well-being.

- ✓ **Understanding Sleep**
- ✓ **Why Sleep Matters**
- ✓ **Strategies for a Better Night's Sleep**
- ✓ **Transform your Health Through Sleep**



Sleep

Improve Your Sleep Transform Your Health



2/3 don't get the
recommended 8 hours
sleep per night





40 billion or 2% GDP
1.5 billion
70 countries
25% increase
21% decrease
1 death per hour
45% increase CVD
200% increase

A GLOBAL PERSPECTIVE

e.

Why We Sleep



“There isn’t any system within our body or process within our brain that isn’t enhanced by sleep when we get enough of it or demonstrably impacted when we don’t”

Professor Matthew Walker

Sleep Assessment



How long does it take to fall asleep?



**How many times
do you wake
during night?**



How do you feel when you wake up?

Text







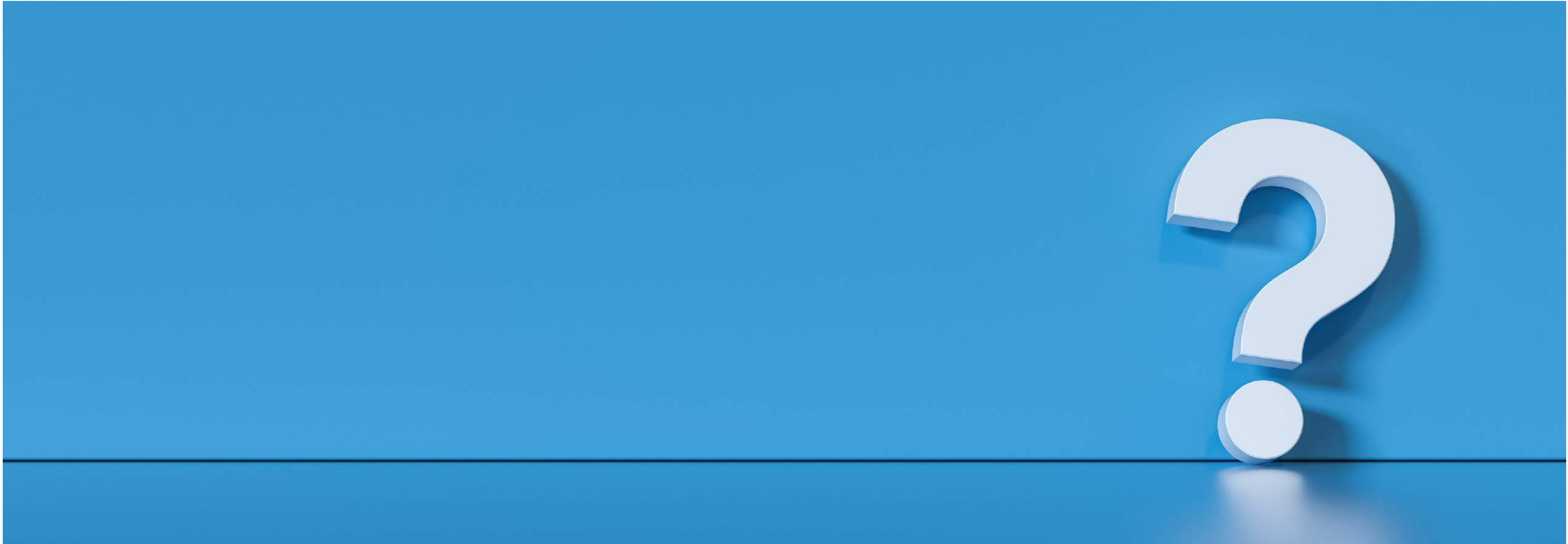


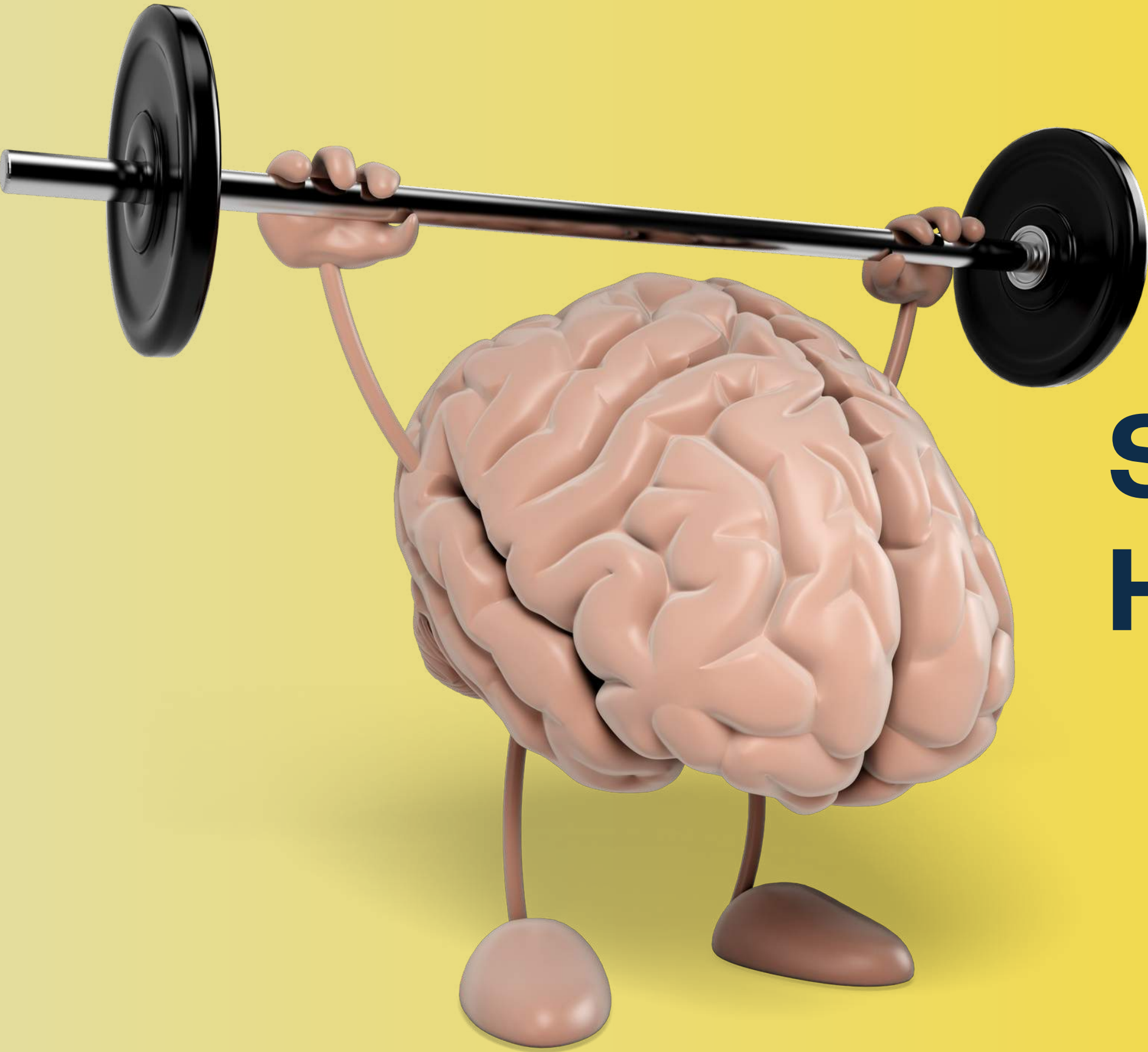
Sleep & The Workplace



A collection of cleaning supplies is arranged on a white table. In the center is a bright green plastic bucket. Inside the bucket, there are several spray bottles in various colors: a yellow one with a red trigger, a pink one, and a blue one. A black-handled brush with white bristles is leaning against the left side of the bucket. A pair of yellow rubber gloves is draped over the right side of the bucket, and a purple cloth is tucked underneath them. The background is a bright, out-of-focus room with a window and a plant.

WHILE YOU WERE SLEEPING





Sleep & Brain Health



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 **Member
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Sleep & Weight



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Sleep & Immune Health



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Sleep & Emotional Health

SLEEP
OPTIMIZATION



Caffeine





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Alcohol

Technology



Stress



Bedroom



Active



Take a Bath



Sleep Shedule



SLEEP
WELL



THANK YOU



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The Wellness Hub

As DCM Learning, as well as our monthly live sessions, members also get free and unrestricted access to a wellness hub with 30+ topics!

Topics Include:

- ✓ Resilience Training
- ✓ Stress Management
- ✓ Mindfulness for Beginners
- ✓ Returning to Work After Grief
- ✓ Exercise for Everyone
- ✓ Having the Confidence to say "No"
- ✓ Workload Management
- ✓ Nutrition and Leading a Healthy Lifestyle

For more information, contact ruth@dcmlearning.ie

