



CORPORATE SLEEP WORKSHOPS

# Sleep is not where you think it is.

Practical, science-led sleep support to improve energy, focus, and performance, without overwhelm.

THE  
**Sleep**  
FIXER

Kerry Davies · Sleep Practitioner & CBTi Therapist  
SCIENCE △ STRATEGY △ SOUL

# Poor sleep is a performance issue.

Most organisations treat fatigue as an individual problem. It is not. Chronic poor sleep impairs thinking, communication, decision-making, and emotional regulation. It drives absenteeism, increases error rates, and quietly erodes your culture.

The challenge: most sleep advice focuses on bedtime. But sleep is not built at night. It is built throughout the day, through biology, behaviour, and the nervous system. When your people understand this, something shifts.

**74%**

of adults report sleep problems affecting their work performance

**£40bn**

estimated annual cost of poor sleep to the UK economy

**4x**

more likely to call in sick after six hours of sleep or fewer

The good news: sleep is not broken in most people. It is stuck. And when people understand how their sleep system works, it can be unstuck faster than they expect.

# The answer is in the daytime.

Almost everything you have been told about fixing sleep focuses on bedtime. Routines, schedules, blue light. These are incomplete, and for many people, counterproductive. Kerry teaches the biology that most sleep coaches never reach.

## SLEEP PRESSURE

### The primary lever

Sleep pressure builds through wakefulness. When it is accidentally eroded through napping, long time in bed, or irregular schedules, sleep onset and quality suffer.

## CIRCADIAN RHYTHM

### Anchored at wake-up

Your circadian rhythm is set by your morning, not your bedtime. Light, movement, and consistent wake time are the levers. Kerry teaches teams to work with their biology, not against it.

## MENTAL LOAD

### The hidden barrier

Unprocessed cognitive load keeps the nervous system alert. Sleep requires the brain to perceive safety. Without that, no routine will help.

## THE FRAMEWORK

### Science. Strategy. Soul.

Every session delivers the science without jargon, the strategy without overwhelm, and the emotional safety that makes change possible.

*"When people understand their sleep, it changes. Sleep becomes something that happens, not something they have to force."*

"Why Your Sleep Isn't Working: And What To Do Instead"

# Standard Workshop

**£300**

per session · up to 100 attendees · online only

## WHAT THE WORKSHOP COVERS

- Why sleep breaks down
- Sleep pressure and how to build it
- Circadian rhythm and wake time
- Managing mental load
- The anxiety-sleep cycle
- Practical daytime strategies

## WHAT PARTICIPANTS LEAVE WITH

- A clear understanding of why their sleep is the way it is
- The ability to identify their own sleep pattern
- One personalised first lever to pull
- A simple, realistic next step to implement immediately
- Kerry's framework and language to self-correct going forward

## OUTCOMES

*This workshop doesn't give participants more to do. It gives them clarity on what actually matters, so they can stop guessing and start working with their sleep, not against it.*

- They stop feeling confused about what to try
- They feel less pressure at bedtime
- They leave with calm, clarity, and a sense of control
- They understand their sleep is logical, not broken
- They gain confidence knowing what to do next

Requests beyond the standard workshop, including content changes, planning calls, or additional elements, are delivered as part of a bespoke package or as add-ons. See pages 5 and 6.

# Tailored to your people and priorities.

FROM  
**£750**  
TO £1,500+

While the core workshop provides a powerful foundation, bespoke sessions allow for greater depth, relevance, and application, ensuring the content directly aligns with your people and environment.

## EXAMPLE FOCUS AREAS

### WORKPLACE PERFORMANCE

Sleep and cognitive performance, managing fatigue in high-demand roles, absenteeism and presenteeism, shift workers and irregular schedules.

### STRESS & NERVOUS SYSTEM

Stress, cortisol, and disrupted sleep, managing an overactive mind at night, creating safety conditions for sleep, supporting staff through periods of pressure or change.

### WOMEN'S HEALTH & HORMONAL SLEEP

Sleep during perimenopause and menopause, hormonal influences on sleep, mood, and energy, practical strategies for night-time wake-ups.

### NEURODIVERSITY & SLEEP

Sleep in ADHD and neurodivergent individuals, sensory considerations and flexible routines, working with individual circadian rhythms.

### FAMILY, LIFESTYLE & SHIFT WORK

Balancing sleep with work and parenting demands, navigating busy home environments, managing sleep across shift patterns and irregular schedules.

## WHAT MAKES BESPOKE DIFFERENT

- Content tailored to your organisation
- Real-life scenarios and case examples
- Stronger emphasis on practical application within your environment
- Greater depth in chosen focus areas
- Interactive Q&A and discussion options

# Beyond the Workshop.

For organisations and schools looking for something more sustained, Kerry offers a range of bespoke services built entirely around what your people actually need. There is no fixed package. The scope is shaped by your context, your challenges, and your goals.

## SLEEP POLICY CONSULTANCY

Working with organisations to review and develop workplace sleep policies. From shift scheduling guidance to wellbeing frameworks that reflect the reality of sleep science.

## ONE-TO-ONE STAFF CLINICS

Private, confidential sessions for individuals within your organisation who are struggling with sleep. Delivered online. No waiting lists. No GP referral required.

## INTERNAL CHAMPION TRAINING

Training a nominated person within your team to become a trusted first point of contact for colleagues struggling with sleep, equipped with Kerry's framework, language, and tools.

## ONGOING WELLBEING PROGRAMMES

Sustained sleep support embedded into your wellbeing calendar, across multiple sessions, cohorts, or departments. Built around your people and your organisation's rhythm.

## WORKFORCE SLEEP AUDIT

Before designing any intervention, it helps to know what you are actually dealing with. Kerry offers a dedicated diagnostic tool for HR and wellbeing leads, giving you a clear picture of how sleep is affecting your workforce, where the challenges sit, and what your people would find most helpful. This is not a generic survey. It is designed to surface what sleep-specific data HR teams rarely have access to, and to make the case for targeted action, not box-ticking.

Every organisation is different.

All wider bespoke services are scoped, priced, and agreed in conversation. If you have a need that is not listed here, it is worth asking. Kerry's approach is built around what your people actually need, not a fixed menu of options.

# Extending the Impact

Available for both standard and bespoke sessions. Confirmed and priced at booking.

<b>Planning call</b> 30-minute pre-session consultation to discuss your team and context	<b>£100</b>
<b>Extended Q&amp;A</b> An additional 20 minutes of facilitated questions from participants	<b>£75</b>
<b>Interactive upgrade</b> Polls, breakout moments, and structured reflection built into the session	<b>£150</b>
<b>Session recording</b> Full recording for internal use, so participants can revisit key concepts, access the session if they missed it live, and reinforce learning without pressure	<b>£100</b>
<b>Sleep resource pack</b> Developed from the session recording. Core sleep principles explained simply, key strategies, clear next steps, and a structured summary to support long-term behaviour change. Tailored to specific themes for bespoke sessions.	<b>£100</b>
<b>Follow-up session</b> A 30-minute group check-in 4–6 weeks after the initial workshop	<b>From £200</b>

All add-ons are optional and selected at the time of booking. They are not included in the standard workshop fee unless confirmed in writing.



ABOUT KERRY

## Kerry Davies

The Sleep Fixer · CBTi Therapist & Sleep Practitioner

Kerry began her career working in mental health and learning disabilities. Twelve years of watching what chronic poor sleep does to people. Not a bad night. A broken life. That foundation shaped everything that followed. Fifteen years ago, she brought that understanding directly into sleep work. And then her own insomnia arrived. She has been in the 2am spiral, not close to it. There. The turning point was not a routine. It was understanding. Kerry now helps adults and organisations understand their sleep at a biological level, quickly, clearly, and without judgment. Clients consistently say the same thing: this feels easy. That is the point.

- Certified CBTi Therapist & Sleep Practitioner
- 15+ years specialist sleep experience
- Keynote speaker, Royal Society of Medicine
- Featured: The Guardian, The Times, BBC Radio 5 Live, Channel 5 News
- Specialist in adult, child, and family sleep

NEXT STEPS

# Let's find what is right for your team.

Whether you are looking for a one-off workshop or a longer programme of support, the best place to start is a short conversation. Kerry will help you identify the right format, scope, and approach, with no obligation.

GET IN TOUCH

[hello@thesleepfixer.com](mailto:hello@thesleepfixer.com)

[thesleepfixer.com](https://thesleepfixer.com)