



for the everyday
and the exceptional

espresso
supercharge your sleep

Juliet Adams



housekeeping



espresso sessions will be
recorded, names will be hidden

transcript option



active participation
- in polls + activities

raise hand to unmute / speak

questions in chat box



respect diverse opinions

keep an open mind

what we'll cover today

- common causes of poor sleep
- how does poor sleep impact us?
- why and how do we sleep?
- planning for a better night's sleep – the R90 technique
- 10 ways to get a better night's sleep

health benefits of sleep

lower stress

improved
memory

improved
focus and
attention

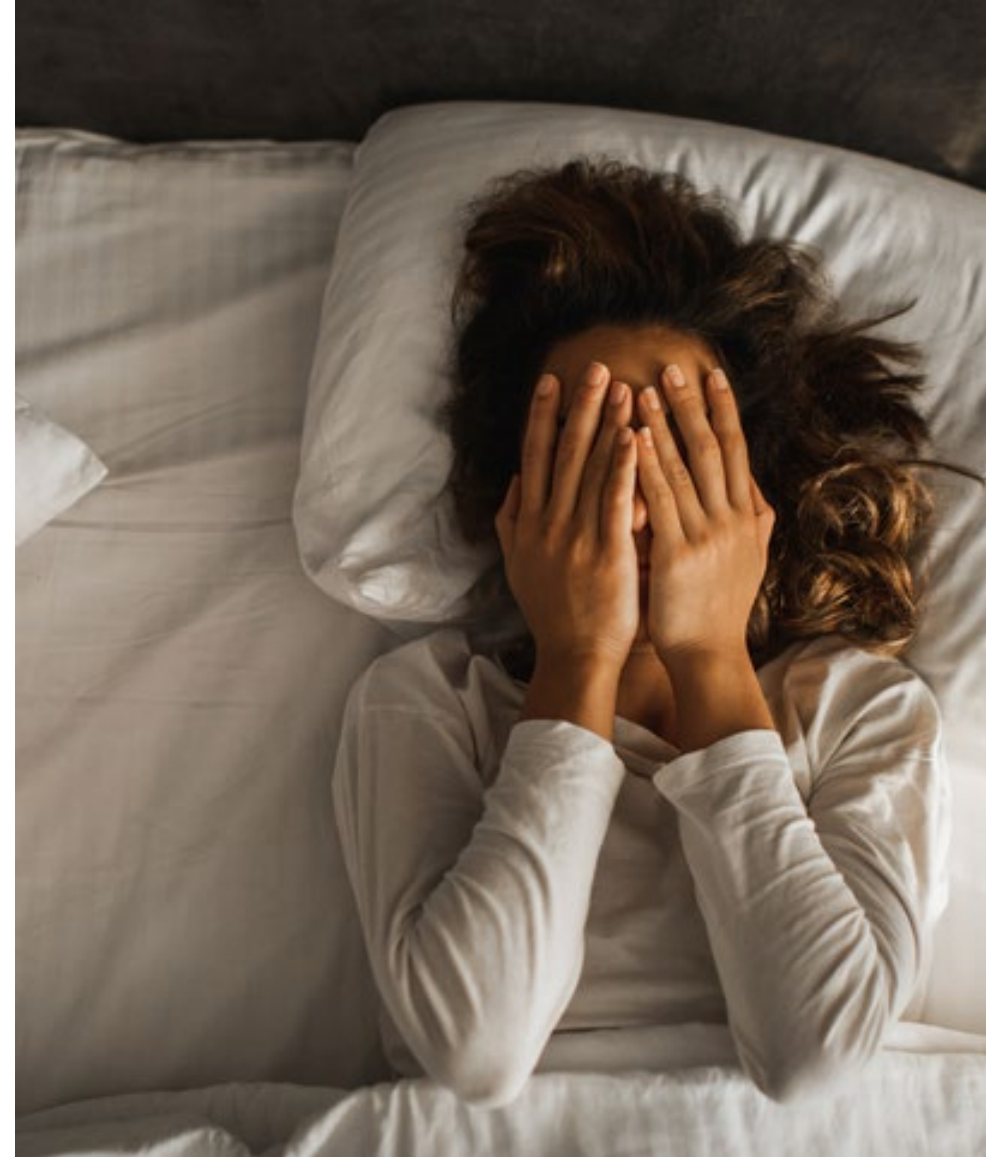
improved
creativity

better
mood

better
health

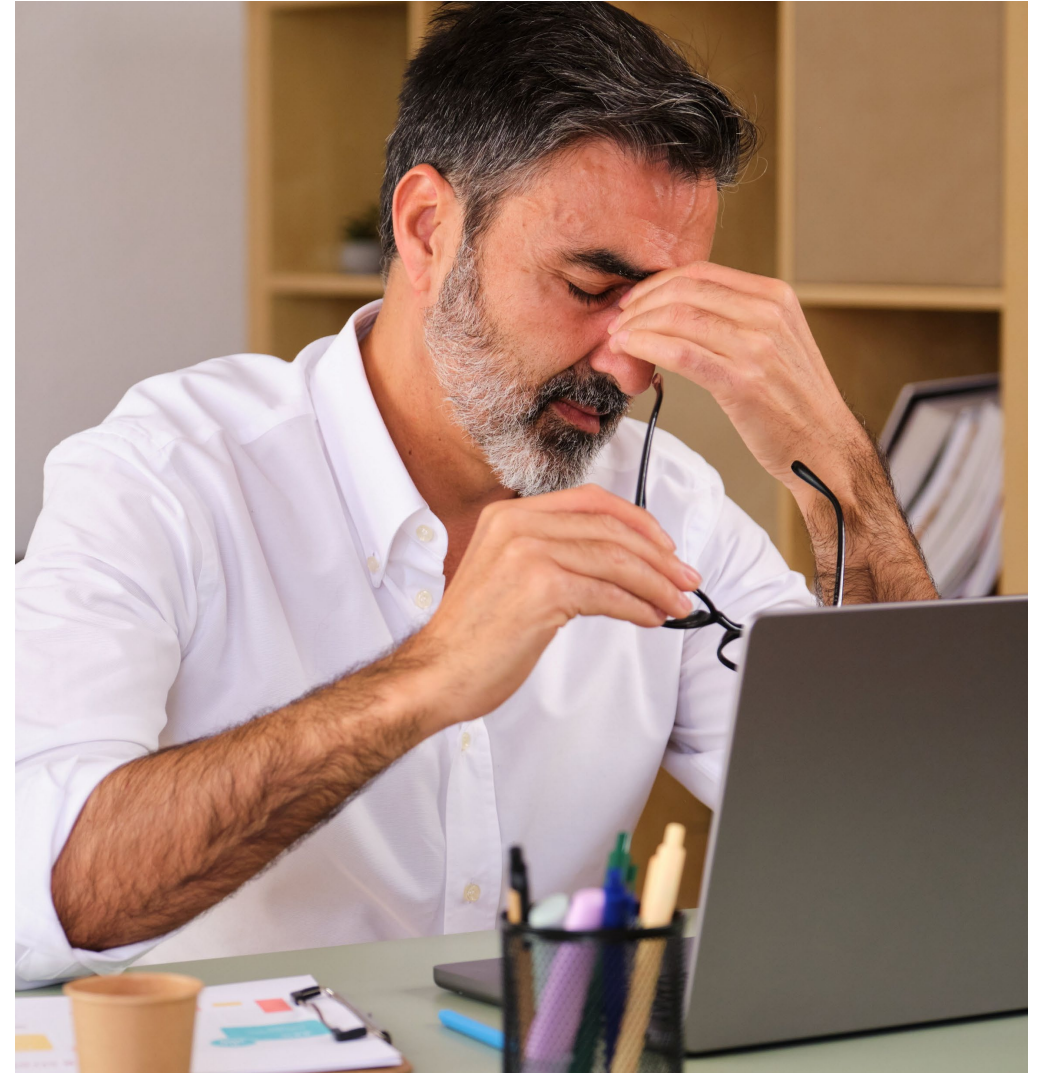
poor sleep: the top reasons

- worry and stress
- noise
- health issues
- partner disturbance
- too much caffeine
- children



how does poor sleep impact us?

- energy levels
- mood
- health
- work performance
- relationships



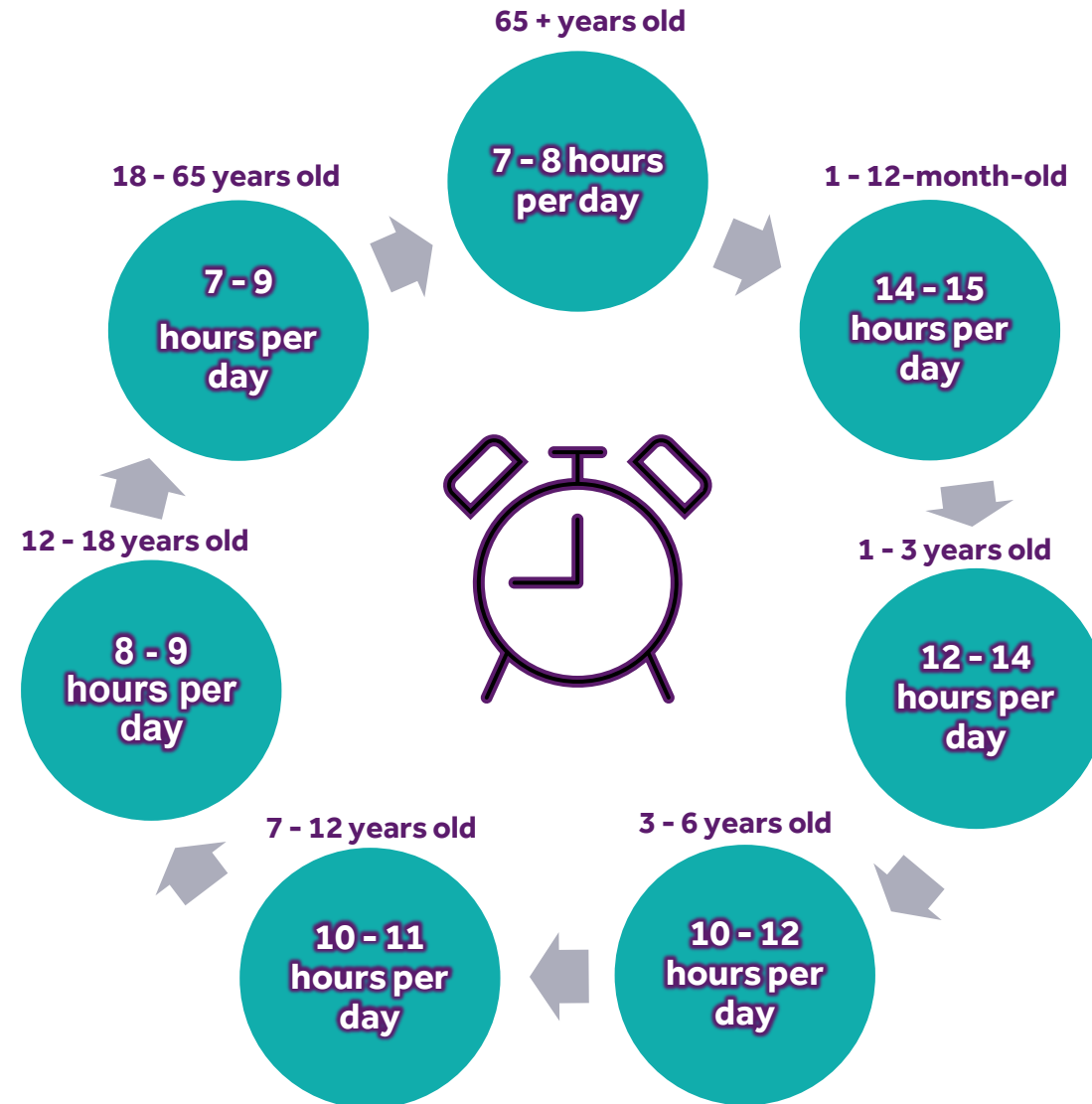
question: how long do you sleep?

On average, how many hours do you sleep each night?

- less than 4 hours
- 4 - 5 hours
- 5 - 6 hours
- 6 - 7 hours
- 7 - 8 hours
- 8 hours +



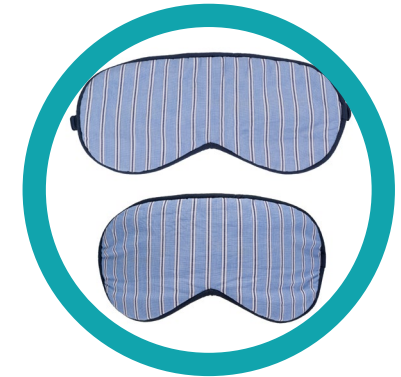
how much sleep do we need?



question: what's your sleep routine?

Which of the following regularly apply to you?

- I don't have a sleep routine; I go to bed and get up at different times each day
- I work or stay up late into the night
- I drink caffeinated coffee, black tea, soda, or energy drinks after 3pm
- I drink alcohol after 8pm
- I sit in a room that's brightly lit
- I don't get outside much in the daytime
- I eat my evening meal less than 3 hours before I go to bed
- I read or reply to emails and or work in bed



sleep hygiene

Get this sorted first!

- reduce any chemicals that interfere with sleep
- make the bedroom sleep friendly environment (cool, quiet, restful, dark)
- pre-sleep and post-sleep routine
- recognise your sleep window
- use light wisely
- time your eating and exercise



planning for a better night's sleep

the R90 technique

example:

go to bed	22.00
time to relax, settle, get sleepy	22.00 – 22.30
R90 sleep cycle 1:	22.30 – 24.00
R90 sleep cycle 2:	24.00 – 01.30
R90 sleep cycle 3:	01.30 – 03.00
R90 sleep cycle 4:	03.00 – 04.30
R90 sleep cycle 5:	04.30 – 06.00
wake up & get up	06.00

*Developed by Sleep expert Nick Littlehales

release physical tension

- body scan
- progressive muscle relaxation



worrying well



the thought locker



10 ways to improve your sleep

1. reduce any chemicals that interfere with sleep
2. time your eating and exercise
3. make the bedroom sleep friendly environment
4. pre-sleep and post-sleep routine
5. use light wisely – day and night!
6. release physical tension
7. worry well
8. install a thought locker
9. if you can't sleep, get up - don't stay in bed awake!
10. stop worrying about not sleeping!

how can caba support you?

caba provides lifelong support to past and present ICAEW members and their close family members

- Financial support
- Health & carer support
- Benefits advice
- Neurodiversity support
- Counselling
- Personal & professional coaching ** Available to individuals who are currently unemployed or facing redundancy. Please contact caba to discuss.*
- Learning
- Debt advice*

visit caba.org.uk or email enquiries@caba.org.uk

*support might be available in several countries outside the UK – contact us to find out more

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upcoming topics

Communicating compassionately	06/05/2025, 12:30 pm - 1:30 pm
Overcoming imposter syndrome	14/05/2025, 12:30 pm - 1:30 pm
Navigating burnout	20/05/2025, 12:30 pm - 1:30 pm

feedback

Help us to improve our services.

A link to the survey is in the chat box.



thank you
questions?

