# Better Sleep. Better Work. Better Performance.

***Evidence-based sleep and circadian education for organizations, leaders, and teams.***

Sleep and circadian rhythms interact with attention, decision-making, emotional regulation, learning, recovery and performance. Our workshops translate sleep science into practical strategies employees and leaders can use.

WORKPLACE WORKSHOP COLLECTION

## Working With Your Body Clock: Circadian Rhythm in Women's Midlife

Your calendar runs on clock time. Your body follows biological time. In midlife, understanding that relationship can help women make sense of changes in sleep timing, energy, and alertness. Dr. Mason explains how circadian rhythms work, how light and daily schedules influence them, and how aging and the menopause transition may interact with sleep and biological timing. Participants examine their routines and identify practical ways to work with their body clocks.

## Circadian Rhythm at Work

Early meetings, late messages, indoor workdays, and changing schedules can pull daily life away from biological timing. This workshop explains how the body clock influences sleepiness and alertness and explores practical ways to support circadian alignment.

## Sleep Health and Performance at Work

Sleep supports the attention, learning, and recovery people depend on throughout the workday. Dr. Mason explains sleep needs, common barriers to restorative sleep, and how employees and organizations can respond.

## Travel, Time Zones, and Your Body Clock

Business travel can place the body clock on a different schedule from the destination. This workshop explains jet lag and explores practical preparation and recovery strategies based on travel direction, trip length, and work demands.

Each workshop includes an interactive exercise and Q&A, with employee and leadership/HR versions. Participation never requires disclosure of personal health information.

## Delivery options

- Keynotes and conference presentations
- Interactive employee workshops
- Executive and leadership sessions
- Virtual webinars and distributed-team education

45-, 60- and 90-minute workshops include Q&A. Sessions are tailored to organizational needs, audience characteristics and learning objectives.

## What participants take away

- Understanding sleep and circadian systems
- Practical sleep and alertness strategies
- Tools for work demands, stress and competing schedules
- Knowing when a sleep concern warrants professional evaluation
- Actionable behavior-change strategies, not generic sleep tips

## Why this approach

Dr. Mason combines clinical experience, behavioral sleep medicine board certification, digital health and organizational education with the ability to translate complex science into practical behavior change.

## Engagement and fees

Workshops and speaking engagements are quoted based on audience, format, duration, customization, and delivery requirements. In-person proposals identify travel expenses separately.

Education is not individualized clinical care. No productivity, financial, absenteeism or healthcare-spending improvement is promised.

## Request a Corporate Workshop Proposal

**Christine Mason, PhD, DBSM**
Health Psychologist | Board-Certified in Behavioral Sleep Medicine
Founder, Sleep & Change Specialists
sleep-change.com | info@sleep-change.com