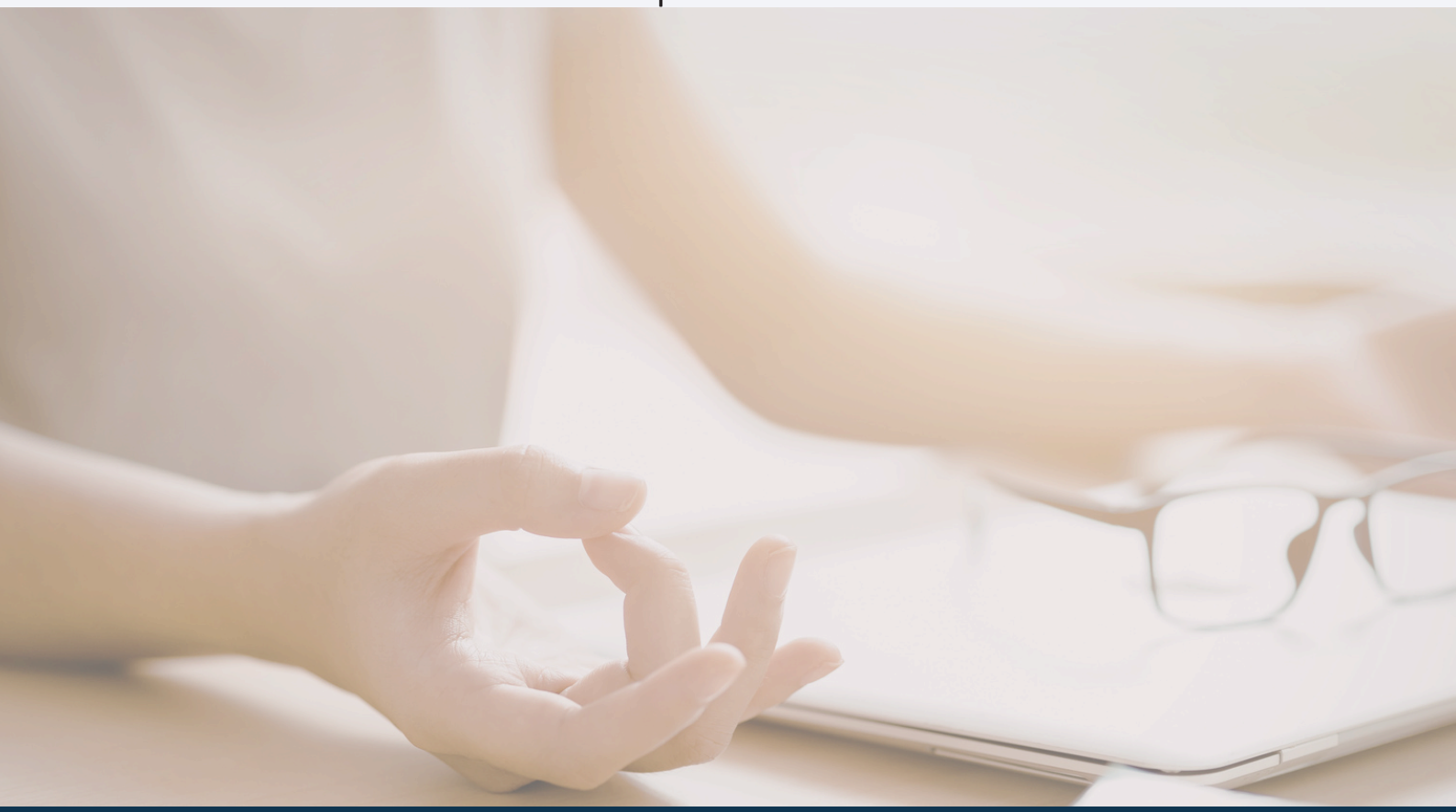
Restful Sleep

SLEEP HEALTH WORKSHOPS FOR TEAMS

Practical training for better sleep, steadier energy, and sharper focus, without “perfect routines.”



Hosted by
Maša Nobilo - Sleep Health Coaching

Restful Sleep Website

Location
Zoom/Teams (recording optional)



WHY SLEEP BELONGS IN WORKPLACE WELLBEING

Sleep isn't only about feeling rested. It's one of the strongest foundations for attention, emotional regulation, decision-making, and resilience, the exact things modern work demands.

When sleep is off, it can show up as workplace problems.

Workplace scenarios sleep directly influences

1) Decision-making under pressure

When people are sleep-deprived, they're more likely to rush, misjudge priorities, and default to reactive decisions.

2) Communication + conflict

Poor sleep often lowers patience and increases emotional reactivity, the same conversation can feel twice as personal and twice as hard.

3) Focus, accuracy, and cognitive load

Sleep loss reduces attention and working memory. The result is more rereading, more mistakes, more "I can't concentrate," and tasks taking longer than they should.

4) Collaboration and social stress

When people are tired, they interpret feedback more negatively, and they have less bandwidth for nuance, repair, and teamwork.

5) Afternoon slumps and "caffeine dependency"
Energy dips are often treated as a motivation problem, but frequently it's a sleep/circadian rhythm mismatch, people compensate with stimulants and push harder, which can worsen sleep again.

6) Burnout risk and recovery debt
"Functioning tired" is common in high performers, until it stops working. Sleep is often the first system to break and the last system to recover.

7) Leadership presence
Leaders with poor sleep tend to have less emotional range, less patience, and lower clarity, even when they're highly competent.

What these workshops are (and aren't)

These are not generic "sleep hygiene" talks.
It's a practical, science-informed training that helps employees understand:

- why the body struggles to downshift in modern work culture
- what to do about racing thoughts and stress activation
- how to build a realistic, repeatable plan that improves sleep quality

Educational only: This workshop does not diagnose or treat medical conditions. It is designed as wellbeing education and skills training.

UNLOCKING REST: THE FOUNDATIONS OF BETTER SLEEP

A 75-min online workshop with post-event support

Price: 850 EUR
Participants: Unlimited
Replay: Available indefinitely

A high-impact session for busy teams who want simple changes that actually work, even with deadlines, late screens, kids, time zones, and stress.

What participants will leave with

- A clear understanding of what's disrupting sleep most often in modern work life
- A simple "downshift framework" to move out of work-mode and into sleep-mode
- Tools for racing thoughts and middle-of-the-night waking
- A personal micro-plan they can try the same week (not a life overhaul)

What we cover (session outline)

1) Why sleep breaks in a high-stress work culture
The difference between being tired and being settled

2) The most common sleep patterns in professionals

- tired but wired
- waking at 3am / early waking
- light, fragmented sleep
- sleeping "enough" but not feeling restored



3) What actually improves sleep (beyond hygiene)

- nervous system downshifting
- circadian anchors that support energy and sleep timing
- realistic boundaries that don't require perfection

4) Two short practices (live, camera optional)
Simple techniques participants can use immediately



THE SLEEP RESET SERIES

3 x 60-minute online workshops
Price: 1750 EUR
Participants: Unlimited
Replay: Available indefinitely

This is designed for teams who want more than insight; they want behavior change that sticks.
A series format allows people to apply what they learn, troubleshoot what's hard, and create a sleep plan that holds up in real work scenarios.

Session 1: Sleep Science + Personal Energy Cycles

Focus: Understanding circadian rhythms and energy patterns so people stop fighting their biology.

We cover:

- circadian rhythm basics
- chronotypes and why some people struggle with conventional schedules
- practical anchors that improve sleep quality and daytime energy
- simple adjustments for remote/hybrid work and inconsistent days

Session 2: Stress, Downshifting, and Nighttime Wake-ups

Focus: Switching the nervous system out of work-mode so sleep can happen.

We cover:

- why "tired" isn't always "sleepy"
- racing thoughts: what helps and what backfires
- managing middle-of-the-night waking without spiraling
- two to three short downshift practices (camera optional)

Session 3: Environment, Habits, and the Mental Load

Focus: Building a realistic sleep-supportive ecosystem.

We cover:

- sleep environment basics that matter most
- dealing with mental load, emotional residue, and why some people wake unrefreshed



Restful Sleep
PLAY HARD, REST WELL

ABOUT THE HOST

From wired and tired to Restful Sleep

I'm Maša Nobilo and I support individuals and groups to improve sleep quality using an approach that blends behavioral change (CBT-I informed principles), nervous system regulation, and practical habit design.

Sleep was the first thing to go for me when life got stressful. It took a particularly rough period of ongoing insomnia for me to decide that something needed to change. I took the long road, investing in self-development through multiple trainings and lots of trial and error over the years.
What took me years to learn, I now distill into practical knowledge that individuals and groups can apply immediately for their sleep health.

I support others through sleep coaching, drawing on a blend of CBTI, holistic sleep coaching, and embodiment practices.

My work is especially relevant for people who are high-functioning but depleted — the "tired but wired" pattern, stress-related insomnia, night waking, and unrefreshing sleep even after enough hours.

Visit the Restful Sleep website or write to me at info@restfulsleep.eu for a bespoke offer for your team