

**THERE IS A
GLOBAL
SLEEP LOSS EPIDEMIC**

**SHAPED BY THE
MODERN WORLD**



DATES:

**19 - 20 JUNE 2023
MONDAY & TUESDAY**

VENUE:

**COURTYARD BY
MARRIOTT MELAKA**



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**LET US ASSIST
EMPLOYERS & EMPLOYEES
TO REDUCE MEDICAL CLAIMS
AND
LIVE A HEALTHY LIFE**

For further information, kindly contact:

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INTRODUCTION

Lack of sleep leads to detriments in job performance, productivity, career progression and satisfaction and an increase in job-related accidents, absenteeism and counterproductive work behaviors. Conversely, better sleep has been linked to improved memory, knowledge acquisition and learning.

Sleep disorders are common and can affect anyone, from every social class and every ethnic background. Falling asleep on the job or while driving is not normal and can be extremely dangerous. Excessive daytime sleepiness (EDS) is a symptom that can be seen in several sleep disorders, including Obstructive Sleep Apnea, narcolepsy and periodic limb movement disorder. By having a good sleep at night, a lot of medical illness can be avoided such as heart attack, heart disease, heart failure, stroke, headache, diabetes, hypertension, fatigue, dementia & memory loss, depression, musculature Impairment dyspepsia, heartburn, obesity and many more.

Work-life balance is the state where a person chooses to equally prioritize the demands of work and career and the demands of their personal life. An individual who lacks this balance has more work and home obligations, works longer hours, and lacks personal time.

OBJECTIVES

- To reduce medical claims
- To increase productivity
- To increase physical and mental health knowledge and to practice a healthy lifestyle
- To reduce commuting and workplace accidents
- To reduce the risk of COVID-19 and other viruses
- To cope with stress and prevent burnout
- To bring happiness and fulfillment

TARGETED AUDIENCE

Suitable for ALL levels (Top Down)

COURSE CONTENT

1. Power of Sleep

- Sleep and sleep loss
- Mechanism behind sleep loss effects
- Acute total sleep deprivation

2. Excessive Sleepiness, Fatigue and Workplace accidents

- Workplace sleepiness & fatigue
- Sleep hygiene education intervention
- 5 major disasters
- Symptoms of microsleep
- Signs of suffering from fatigue and ways to overcome fatigue

3. Fatigue Management while Driving

- What is Fatigue?
- Signs of Fatigue
- Effect of sleep on cognitive functions on driving skills
- Sleep loss and behaviour change
- Ways to handle Fatigue

4. Impairment of driving performance caused by sleep loss

- Increases in negative moods
- Sleep driving vs drunk driving
- Ergonomics & fatigue
- Behaviour based safe driving

5. Sleep – Effect on Physical and Mental Health

- Impact on physical health
- Impact on mental health problems
- Contributing factors to mental health problem

6. Sleep & Fatigue severity assessment to measure sleep loss of employees

- Workshop - Practical Assessment

7. Modern & Natural therapy

- Exercises for sleep apnea
- Exercises for insomniacs
- Breathing exercise for sleep disorder

8. Effect of sleep on cognitive functions

- Long term memory
- Ability to learn, think, reasoning, remember, pay attention, problem solving, decision making, creativity and judgement
- Self-evaluation of cognitive performance

9. How to lead a mentally healthy organisation

10. Sleep assessment before and after sleep

DAY 1, 19TH JUNE 2023 (MONDAY)

8.00AM

REGISTRATION OF PARTICIPANTS

8.45AM

OPENING CEREMONY

NEGARAKU
DOA RECITATION

9.00AM

OPENING SPEECH

9.15AM

TOPIC 1: POWER OF SLEEP

- SLEEP AND SLEEP LOSS
- MECHANISMS BEHIND SLEEP LOSS EFFECTS
- ACUTE TOTAL SLEEP DEPRIVATION

SPEAKER 1

YBRS ASSOCIATE PROFESSOR DR. LOUIS ADAIKALAM
CEO, ALPHA INTERNATIONAL TRAINING AND CONSULTANCY SDN BHD
PRESIDENT, PERSATUAN SLEEP APNEA MALAYSIA
FOUNDER OF SLEEP RECOVERY TOURISM

10.15AM

COFFEE BREAK

10.30AM

TOPIC 2: EXCESSIVE SLEEPINESS AND WORKPLACE ACCIDENTS

- WORKPLACE SLEEPINESS & FATIGUE
- SLEEP HYGIENE EDUCATION INTERVENTION
- 5 MAJOR DISASTERS
- SYMPTOMS OF MICROSLEEP
- SIGNS OF SUFFERING FROM FATIGUE AND WAYS TO OVERCOME FATIGUE

SPEAKER 2

YBHG. DATUK DR MURUGESU RAJU
MEDICAL OFFICER
HEAD OF PARLIAMENT CLINIC
HEALTH ADVISOR PARLIAMENT MALAYSIA

11.30AM

TOPIC 3: FATIGUE MANAGEMENT WHILE DRIVING

- WHAT IS FATIGUE?
- SIGNS OF FATIGUE
- EFFECT OF SLEEP ON COGNITIVE FUNCTIONS ON DRIVING SKILLS
- SLEEP LOSS AND BEHAVIOUR CHANGE
- WAYS TO HANDLE FATIGUE

SPEAKER 3

MR. HARJIT SINGH
ROAD TRANSPORT SAFETY CONSULTANT

DAY 1, 19TH JUNE 2023 (MONDAY)

1.00PM

NETWORKING LUNCH

2.00PM

TOPIC 4: IMPAIRMENT OF DRIVING PERFORMANCE CAUSED BY SLEEP LOSS

- INCREASES IN NEGATIVE MOODS
- SLEEP DRIVING VS DRUNK DRIVING
- ERGONOMICS & FATIGUE
- BEHAVIOUR BASED SAFE DRIVING

SPEAKER 4

DR. SIVANESWARAN RAMASAMY

OCCUPATIONAL SAFETY & HEALTH PRACTITIONER

3.30PM

TEA BREAK

3.45PM

TOPIC 5: SLEEP - EFFECT ON PHYSICAL & MENTAL HEALTH

- IMPACT ON PHYSICAL HEALTH
- IMPACT OF MENTAL HEALTH PROBLEMS
- CONTRIBUTING FACTORS TO MENTAL HEALTH PROBLEMS

SPEAKER 4

DR. SIVANESWARAN RAMASAMY

OCCUPATIONAL SAFETY & HEALTH PRACTITIONER

5.00PM

END OF DAY 1

DAY 2, 20TH JUNE 2023 (TUESDAY)

8.00AM

ARRIVAL OF PARTICIPANTS

9.00AM

TOPIC 6: MODERN & NATURAL THERAPY

- EXERCISES FOR SLEEP APNEA
- EXERCISES FOR INSOMNIACS
- BREATHING EXERCISE FOR SLEEP DISORDER

SPEAKER 5

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST

CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA

10.15AM

COFFEE BREAK

10.30AM

**TOPIC 7: SLEEP & FATIGUE SEVERITY ASSESSMENT TO MEASURE
SLEEP LOSS OF EMPLOYEES**

- WORKSHOP - PRACTICAL ASSESSMENT

SPEAKER 5

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST

CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA

1.00PM

NETWORKING LUNCH

DAY 2, 20TH JUNE 2023 (TUESDAY)

2.00PM

TOPIC 8: EFFECT OF SLEEP ON COGNITIVE FUNCTION

- LONG TERM MEMORY
- ABILITY TO LEARN, THINK, REASONING, REMEMBER, PAY ATTENTION, PROBLEM SOLVING, DECISION MAKING, CREATIVITY AND JUDGEMENT
- SELF-EVALUATION OF COGNITIVE PERFORMANCE

SPEAKER 5

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST

CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA

3.30PM

TEA BREAK

3.45PM

TOPIC 9: HOW TO LEAD A MENTALLY HEALTHY ORGANISATION

TOPIC 10: SLEEP ASSESSMENT BEFORE AND AFTER SLEEP

SPEAKER 5

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST

CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA

5.00PM

END OF DAY 2



**YBRS ASSOCIATE PROFESSOR
DR. LOUIS ADAIKALAM**

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PRESIDENT, PERSATUAN SLEEP APNEA MALAYSIA
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