

EMPLOYEES PRODUCTIVITY ENHANCEMENT THROUGH COGNITIVE TOOLS

(CERTIFIED SLEEP RECOVERY & MANAGEMENT ASSESSOR COURSE)

100% Levy Deduction via HRDCorp



THERE IS A GLOBAL SLEEP LOSS EPIDEMIC EFFECTING COGNITIVE FUNCTIONS

LET US TEACH YOU TECHNIQUES OF MINDFULNESS ON SLEEP

A Productivity & Safety Certification Programme via Advancing Business Education, UK and Institution of Occupational Safety & Health, UK (IOSH, UK)

DUAL UK CERTIFICATION PROGRAMME

DATES: 24 - 25 NOVEMBER 2023

VENUE: NUBE TRAINING CENTRE, PORT DICKSON



 [**REGISTER ME**](#)

LET US ASSIST EMPLOYERS & EMPLOYEES TO INCREASE PRODUCTIVITY AND LIVE A HEALTHY LIFE

For more information, kindly contact:

Mr. Shan Siva: 010-4340336

Puan NorSuhaida: 011-11290758

Email: louis@alphainternational.com.my

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 effect 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 increase productivity
- To reduce medical claims
- 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

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ITINERARY

DAY 1, 24TH NOVEMBER 2023 (FRIDAY)

8.30AM

REGISTRATION OF PARTICIPANTS

8.45AM

OPENING CEREMONY

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 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 1

YBRS PROFESSOR DR. LOUIS ADAIKALAM

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 1

YBRS PROFESSOR DR. LOUIS ADAIKALAM

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ITINERARY

DAY 1, 24TH NOVEMBER 2023 (FRIDAY)

1.00PM

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 1

YBRS PROFESSOR DR. LOUIS ADAIKALAM

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 2

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST

CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA

5.00PM

END OF DAY 1

EMPLOYEES PRODUCTIVITY ENHANCEMENT THROUGH COGNITIVE TOOLS

ITINERARY

(CERTIFIED SLEEP RECOVERY & MANAGEMENT ASSESSOR COURSE)

DAY 2, 25TH NOVEMBER 2023 (SATURDAY)

8.30AM

ARRIVAL OF PARTICIPANTS

9.00AM

TOPIC 6: MODERN & NATURAL THERAPY

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

SPEAKER 2

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 2

MR. MAHENDRA RASADURAI

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MINISTRY OF YOUTH & SPORT MALAYSIA

1.00PM

LUNCH

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ITINERARY

DAY 2, 25TH NOVEMBER 2023 (SATURDAY)

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

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TRAINERS PROFILE



**YBRS PROFESSOR
DR. LOUIS ADAIKALAM**

CEO, ALPHA INTERNATIONAL TRAINING AND
CONSULTANCY

PRESIDENT, PERSATUAN SLEEP APNEA MALAYSIA
FOUNDER OF SLEEP RECOVERY TOURISM



MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST
CONSULTANT TRAINER

MINISTRY OF YOUTH & SPORT MALAYSIA



GUEST SPEAKER

YBHG. DATUK DR MURUGESU RAJU

MEDICAL OFFICER

HEAD OF PARLIAMENT CLINIC

HEALTH ADVISOR PARLIAMENT MALAYSIA

DEPUTY PRESIDENT PERSATUAN SLEEP APNEA MALAYSIA



Professor Dr Louis Adaikalam

- 📞 +6012-327 5911
- ☎️ +603-78041808/2745/1294
- ✉️ louis@alphainternational.com.my
- 🌐 www.signatureprogrammes.com



Puan NorSuhaida (Sue)

- 📞 +6011-11290758
- ☎️ +603-78041808/2745/1294
- ✉️ louis@alphainternational.com.my
- 🌐 www.signatureprogrammes.com



Mr. Shan Siva

- 📞 +6010-4340336
- ☎️ +603-78041808/2745/1294
- ✉️ louis@alphainternational.com.my
- 🌐 www.signatureprogrammes.com



Mr. Irfan Danial

- 📞 +6017-5465603
- ☎️ +603-78041808/2745/1294
- ✉️ louis@alphainternational.com.my
- 🌐 www.signatureprogrammes.com