

Redefine Sleep With

# Sleep Recovery & Management Programme



Speaker

**Professor Dr Louis Adaikalam**

President Persatuan Sleep Apnea Malaysia  
CEO, Alpha International Training & Consultancy

**100% HRDCORP AUTO LEVY DEDUCTION**

Without needing to apply for HRDCorp Grant

## KEY OBJECTIVES

### Boost Workplace Productivity

Reduce absenteeism, presenteeism, and medical claims while improving focus and resilience against stress and fatigue.



### Enhance Employee Well-being

Promote physical and mental health, prevent burnout, and foster a mentally healthy organization



### Ensure Safety and Compliance

Mitigate workplace and commuting risks, address ESG social elements, and reduce the spread of illnesses like COVID-19.



## BENEFITS & VALUE

A prevention plan for many medical illnesses, possibility of accidents, to cope with stress, prevent burnout, reduce absenteeism, presentism and to fulfil ESG requirement under social element

### PARTICIPANTS WILL RECEIVE

#### DUAL UK CERTIFICATES & Medical Sleep report

- SAFETY & HEALTH CERTIFICATION BY IOSH, UK ●
- PRODUCTIVITY CERTIFICATE BY ABE, UK ●
- MEDICAL SLEEP STUDY REPORT ●

## VISION ZERO

Safety. Health. Wellbeing.

A licensed course by IOSH, UK & endorsed by ABE, UK  
ISSA Vision Zero approved course

# 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.

## OBJECTIVE

- To increase Productivity
- To reduce medical claims
- To cope with stress, prevent burnout and fatigue
- To reduce workplace and commuting accidents
- To fulfil ESG requirement under social element
- To reduce physical and mental health issue at workplace
- To reduce absenteeism and presentism
- To improve the well-being of employees
- To lead a mentally healthy organisation.

## TARGETED AUDIENCE

Suitable for ALL levels (Top Down)

# **COURSE CONTENT**

## **TOPIC 1: POWER OF SLEEP**

- MECHANISM BEHIND SLEEP LOSS EFFECTS
- ACUTE TOTAL SLEEP DEPRIVATION

## **TOPIC 2: EXCESSIVE SLEEPINESS, FATIGUE AND WORKPLACE ACCIDENTS**

- WORKPLACE SLEEPINESS & FATIGUE AND WAYS TO OVERCOME FATIGUE
- SLEEP HYGIENE EDUCATION INTERVENTION
- SYMPTOMS OF MICROSLEEP

## **TOPIC 3: FATIGUE MANAGEMENT WHILE DRIVING**

- WHAT IS FATIGUE & SIGNS OF FATIGUE
- SLEEP LOSS AND BEHAVIOR CHANGE
- WAYS TO HANDLE FATIGUE

## **TOPIC 4: IMPAIRMENT OF DRIVING PERFORMANCE CAUSED BY SLEEP LOSS**

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

## **TOPIC 5:THERAPY SESSION**

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

## **TOPIC 6: INTRODUCTION TO MENTAL HEALTH**

- CAUSES OF SLEEP DEPRIVATION ON MENTAL HEALTH
- MENTAL HEALTH IN THE WORKPLACE



## DAY-1

3.00PM

4.00PM

9.00PM

- Check in Hotel
- Teambuilding/Game 1
- **Sleep Study/Test (Overnight)**

## DAY-2

7.00AM

8.30AM

9.00AM

9.45AM

- Breakfast
- Registration of participants
- Consultation on Medical Sleep Report
- **TOPIC 1: Power of Sleep**
  1. Mechanism behind sleep loss effects
  2. Acute total sleep deprivation
- Speaker: Professor Dr Louis Adaikalam
- **Workshop 1** - Bmi Assessment By Mr Don Aravind
- **Workshop 2**- Sleep Assessment By Professor Dr Louis Adaikalam

# AGENDA

10.15AM

- Coffee break

10.30AM

- **Workshop 3** - Obstructive Sleep Apnea (Osa) Assessment
- **Topic 2:** Excessive Sleepiness, Fatigue And Workplace Accidents
  1. Workplace Sleepiness & Fatigue And Ways To Overcome Fatigue
  2. Sleep Hygiene Education Intervention
  3. Symptoms Of Microsleep
- Speaker: Professor Dr Louis Adaikalam

1.00PM

- Lunch

2.00PM

- **WORKSHOP 4** - Analysis Of Human Behavior
- **TOPIC 3:** Fatigue Management while Driving
  1. What is Fatigue & Signs of Fatigue
  2. Sleep loss and behavior change
  3. Ways to handle Fatigue
- Speaker: Ir Ts Mohd Hafiz Bin Johari (MIROS)

3.00PM

- Tea Break

3.15PM

- **TOPIC 4:** Impairment of driving performance caused by sleep loss
  1. Increases in negative moods
  2. Ergonomics & fatigue
  3. Behaviour based safe driving
- Speaker: Ir Ts Mohd Hafiz Bin Johari (MIROS)

4.30PM

- **END OF DAY 2**

5.00PM

- Team Building / Management Game 2
- Trainer: Dr John Palmer Victor

7.00PM

- Dinner

9.00PM

- **Sleep Study/Test (Overnight)**
- **CPAP - Some Participants will be given CPAP For Trial**



## DAY-3

7.00AM

- Breakfast

9.00AM

- Consultation on Medical Sleep Report

10.15AM

- Coffee break

10.45AM

- Shiftwave Therapy Session - A breakthrough nervous system training technology for mental & physical restoration

12.30PM

- Lunch Rest

2.30PM

- **TOPIC 5:**Therapy Session
  1. Exercises for sleep apnea
  2. Exercises for insomniacs
  3. Breathing exercise for sleep disorder
- Speaker: Dr John Palmer Victor

3.15PM

- Tea Break

3.30PM

- **TOPIC 6:** Introduction to Mental Health
  1. Causes Of Sleep Deprivation On Mental Health
  2. Mental Health In The Workplace
- Speaker: Ybhg. Datuk Dr Murugesu Raju (Doctor From Parliament Malaysia)

4.30PM

- Team Building / Management Game 3
- Trainer: Dr John Palmer Victor

5.00PM

- **END OF DAY 3**