



CUTE
PACK
SLEEP
STUDY



WE NEED YOUR HELP

In September, **74%** of your colleagues **reported trouble sleeping** with most people admitting this occurs at least twice a week.

Your Health advocates are keen to improve this score because we know Better Sleep is the single biggest contributor to living better.

And we need **your** help.

SLEEP STUDY!

Would you like to join your health advocates in Cell Packs First ever Sleep Study?

You'll receive a **free smartwatch** which includes a sleep tracker amongst other great health functions

To participate, we will ask you to keep a small sleep log of 5 short questions per day which will ask questions like;

- Total time asleep
- Hours in Deep/Light sleep
- How you would rate your sleep (/10)
- Rate your Daily Physical and Mental Wellbeing
- Did you make any changes to prepare for a good nights sleep?

WHY?

The goal of this study, is for all of us to take notice of our sleep patterns and try our best to make positive changes wherever possible.

Like the rest of the UK, staff at Cell Pack are reporting poor sleep and we are on a mission to change this. Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people
- Make good decisions and avoid injuries – for example, drowsy drivers cause thousands of car accidents every year

WHY?

By recording and analysing our own sleep results we can actively see if the changes we are making suit our individual lifestyles and if they've had a positive impact on our sleep scores.

The sleep study will run for 6 weeks and each week there will be one recommendation from a sleep expert for us to try out.

Your sleep diaries will remain confidential as this is for your own wellbeing, however you'll be our internal sleep advocates so please share your sleep progress to anyone and everyone who will listen 😊

Anyone fancy a Free Smartwatch and a good nights sleep??