Sleep and Fatigue

A secure, self-report and physical measurement tracking system to identify and improve the complex relationship of sleep quality & quantity with risk factors that may affect workplace performance.

Sleep and Fatigue is a multidimensional module that assesses and track progress in changing a raft of factors and behaviours, classified by a traffic light system of red, yellow and green categories. Targets can be set thereby identifying change that needs to be managed and monitored.

Following and onboarding process and a training session, individuals are provided secure, private access to a web site where they are led through an online questionnaire. This data is used to present two profiles of current sleep patterns, quality and quantity in the individual, groups and overall workforce.

A built in scoring system is applied to both profiles with risk factors classified by the colour code. Information specific to each colour and risk factor is available for the individual through the module. This ongoing education system identifies targets.

It supports the individual to achieve these targets by providing tips, action steps and positive statements. As individuals complete updates to their profiles further education materials are made available.

While all individual data is secure and private, companies are able to view and analyse aggregated data. Our unique methods of presenting the data allows individuals, groups and the company to better track progress and asses trends and patterns as they emerge.

The ongoing aggregation of data allows organisations to monitor their return on investment and receive early indications of any action steps that may need to be taken to mitigate risk.

40%
reduction in increased risk for sleep quality in just 12 months.*

Key outcomes

There was an observed improvement across the quality of sleep while quantity of sleep appears to take longer to improve.

The data suggests that the number of absolute risk factors in the higher risk zone decreased.

There is a strong relationship between body shape (girths), size (BMI) and sleep quality and quantity.

The analytical methods applied to the data were able to identify trends, correlations and projections earlier.

We could identify where more specific follow up or interventions were required.

Interventions are tailored to the data presented and this means money is spent exactly where it is required.

" Sleep patterns and fatigue are associated with significant impact on general health, particularly in the workplace. "

*Based on 2019 data from key client.