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West Midlands Combined Authority

NIGHT CLUB

ARE YOU A NIGHT TIME WORKER IN THE WEST MIDLANDS?

Join our 90 minute live session led by a sleep expert. This is an interactive small group workshop, supported by a physical pack of materials sent in advance.

We provide practical evidence-based tips on sleeping well, tailored to the experiences of shift workers. We will cover:

- Discovering your chronotype
- Understanding the role of light
- Improving your sleep environment
- Diet and exercise when working shifts
- Managing racing thoughts before bed

Participants will have opportunity for Q&A and will leave with a simple, personal action plan to improve their own sleep.

Advance registration is essential.

These sessions are sponsored by the West Midlands Combined Authority.

About Night Club

Night Club was developed in close partnership with nighttime workers and underpinned by rigorous academic research from Oxford University's Sleep and Circadian Neuroscience Institute. Night Club has supported over 10,000 staff in a wide range of sectors including healthcare, logistics, engineering, transport, utilities, hospitality, facilities and waste management. **www.night-club.org**