



e-learning

Increase your productivity with a good night's sleep

In this e-Learning you will learn why good sleep is so important and why it shouldn't be underestimated. You will be given various options to improve your sleep and how to lastingly optimitise your sleeping habits. Good sleep promotes health and greatly increases performance and productivity.

Duration: **approx. 20 minutes**

Language:

Learning objectives

- ✓ Know what constitutes good sleep
- ✓ Estimate and organize your working time, free time and sleeping time better
- ✓ Find out methods for reducing sleep disorders
- ✓ Know how to fall asleep more easily

Contents

- What can I expect from this training?
- What should you know about sleep?
- What should you avoid before going to sleep?
- When do you sleep best?
- What helps you to fall asleep better?



Infos im Web

www.haufe-akademie.de/dl



Let us advise you

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