



Restful Sleep

# SLEEP HEALTH WORKSHOPS FOR TEAMS

Practical training for better sleep, steadier energy, and sharper focus,  
without “perfect routines.”

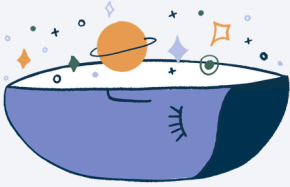


**Hosted by**  
Maša Nobilo -  
Sleep Health  
Coaching



**[Restful Sleep Website](#)**

**Location**  
Zoom/Teams  
(recording optional)



# WHY SLEEP BELONGS IN WORKPLACE WELLBEING

Sleep isn't only about feeling rested. It's one of the strongest foundations for attention, emotional regulation, decision-making, and resilience, the exact things modern work demands.

When sleep is off, it can show up as workplace problems.

## Workplace scenarios sleep directly influences

### 1) Decision-making under pressure

When people are sleep-deprived, they're more likely to rush, misjudge priorities, and default to reactive decisions.

### 2) Communication + conflict

Poor sleep often lowers patience and increases emotional reactivity, the same conversation can feel twice as personal and twice as hard.

### 3) Focus, accuracy, and cognitive load

Sleep loss reduces attention and working memory. The result is more rereading, more mistakes, more "I can't concentrate," and tasks taking longer than they should.

### 4) Collaboration and social stress

When people are tired, they interpret feedback more negatively, and they have less bandwidth for nuance, repair, and teamwork.

## 5) Afternoon slumps and “caffeine dependency”

Energy dips are often treated as a motivation problem, but frequently it’s a sleep/circadian rhythm mismatch, people compensate with stimulants and push harder, which can worsen sleep again.

## 6) Burnout risk and recovery debt

“Functioning tired” is common in high performers, until it stops working. Sleep is often the first system to break and the last system to recover.

## 7) Leadership presence

Leaders with poor sleep tend to have less emotional range, less patience, and lower clarity, even when they’re highly competent.


## What these workshops are (and aren’t)

These are not generic “sleep hygiene” talks.

It’s a practical, science-informed training that helps employees understand:

- why the body struggles to downshift in modern work culture
- what to do about racing thoughts and stress activation
- how to build a realistic, repeatable plan that improves sleep quality

Educational only: This workshop does not diagnose or treat medical conditions. It is designed as wellbeing education and skills training.



# UNLOCKING REST: THE FOUNDATIONS OF BETTER SLEEP

A 75-min online workshop with post-event support

**Price: 850 EUR**

**Participants: Unlimited**

**Replay: Available indefinitely**

A high-impact session for busy teams who want simple changes that actually work, even with deadlines, late screens, kids, time zones, and stress.

## What participants will leave with

- A clear understanding of what's disrupting sleep most often in modern work life
- A simple "downshift framework" to move out of work-mode and into sleep-mode
- Tools for racing thoughts and middle-of-the-night waking
- A personal micro-plan they can try the same week (not a life overhaul)

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## What we cover (session outline)

1) Why sleep breaks in a high-stress work culture

The difference between being tired and being settled

2) The most common sleep patterns in professionals

- tired but wired
- waking at 3am / early waking
- light, fragmented sleep
- sleeping "enough" but not feeling restored

3) What actually improves sleep (beyond hygiene)

- nervous system downshifting
- circadian anchors that support energy and sleep timing
- realistic boundaries that don't require perfection

4) Two short practices (live, camera optional)

Simple techniques participants can use immediately





# THE SLEEP RESET SERIES

3 x 60-minute online workshops

Price: 1750 EUR

Participants: Unlimited

Replay: Available indefinitely

This is designed for teams who want more than insight; they want behavior change that sticks.

A series format allows people to apply what they learn, troubleshoot what's hard, and create a sleep plan that holds up in real work scenarios.

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## Session 1: Sleep Science + Personal Energy Cycles

Focus: Understanding circadian rhythms and energy patterns so people stop fighting their biology.

We cover:

- circadian rhythm basics
- chronotypes and why some people struggle with conventional schedules
- practical anchors that improve sleep quality and daytime energy
- simple adjustments for remote/hybrid work and inconsistent days

## Session 2: Stress, Downshifting, and Nighttime Wake-ups

Focus: Switching the nervous system out of work-mode so sleep can happen.

We cover:

- why “tired” isn’t always “sleepy”
- racing thoughts: what helps and what backfires
- managing middle-of-the-night waking without spiraling
- two to three short downshift practices (camera optional)

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## Session 3: Environment, Habits, and the Mental Load

Focus: Building a realistic sleep-supportive ecosystem.

We cover:

- sleep environment basics that matter most
- dealing with mental load, emotional residue, and why some people wake unrefreshed



## ABOUT THE HOST

### From wired and tired to Restful Sleep



I'm Maša Nobilo and I support individuals and groups to improve sleep quality using an approach that blends behavioral change (CBT-I informed principles), nervous system regulation, and practical habit design.

Sleep was the first thing to go for me when life got stressful. It took a particularly rough period of ongoing insomnia for me to decide that something needed to change. I took the long road, investing in self-development through multiple trainings and lots of trial and error over the years.

What took me years to learn, I now distill into practical knowledge that individuals and groups can apply immediately for their sleep health.

I support others through sleep coaching, drawing on a blend of CBTI, holistic sleep coaching, and embodiment practices.

My work is especially relevant for people who are high-functioning but depleted — the “tired but wired” pattern, stress-related insomnia, night waking, and unrefreshing sleep even after enough hours.

Visit the [Restful Sleep website](#) or write to me at [info@restfulsleep.eu](mailto:info@restfulsleep.eu) for a bespoke offer for your team