



The Science of Sleep - Implications for Professional Judgment, Performance, and Well-Being

Date: 28 January 2026
Time: 12:00 p.m. - 1:00 p.m.

Sleep is a foundational biological process that directly affects cognitive performance, emotional regulation, and decision-making. In high-responsibility professional settings, chronic sleep deprivation can impair judgment, increase error rates, and reduce the ability to manage stress effectively.

This webinar provides an evidence-based overview of sleep science and its relevance to professional practice. Participants will be introduced to the sleep cycle and the physiological processes that occur during each stage of sleep, followed by an examination of how insufficient or poor-quality sleep affects mood, attention, memory, and overall well-being. The session also considers broader cultural and workplace factors that contribute to chronic sleep deprivation, supported by case studies demonstrating the economic and organizational impacts of sleep loss.

A focused segment examines the relationship between sleep and stress, including how sleep deprivation alters the stress response and degrades cognitive performance under pressure. Key distinctions, such as sleepiness versus fatigue, and sleep quality versus sleep quantity, are clarified. The seminar also addresses common sleep disruptors, including caffeine, alcohol, melatonin, and behavioural patterns such as revenge bedtime procrastination.

The session concludes with practical, evidence-informed strategies to support better sleep, including relaxation techniques, cognitive and behavioural tools, stimulus control, and sleep hygiene practices. A moderated question-and-answer period will follow, with questions addressed live or in post-session materials.

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