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<https://www.ahealthyview.com/workplacewellbeing>



The Science of Workplace Wellbeing:

The Impact of Sleep & Stress on Burnout & Productivity



A Healthy View™

Michele Chevalley Hedge, Nutritionist & Health Writer

www.ahealthyview.com






TBW Syndrome? Six Hours?



Hippocampus & Sleep



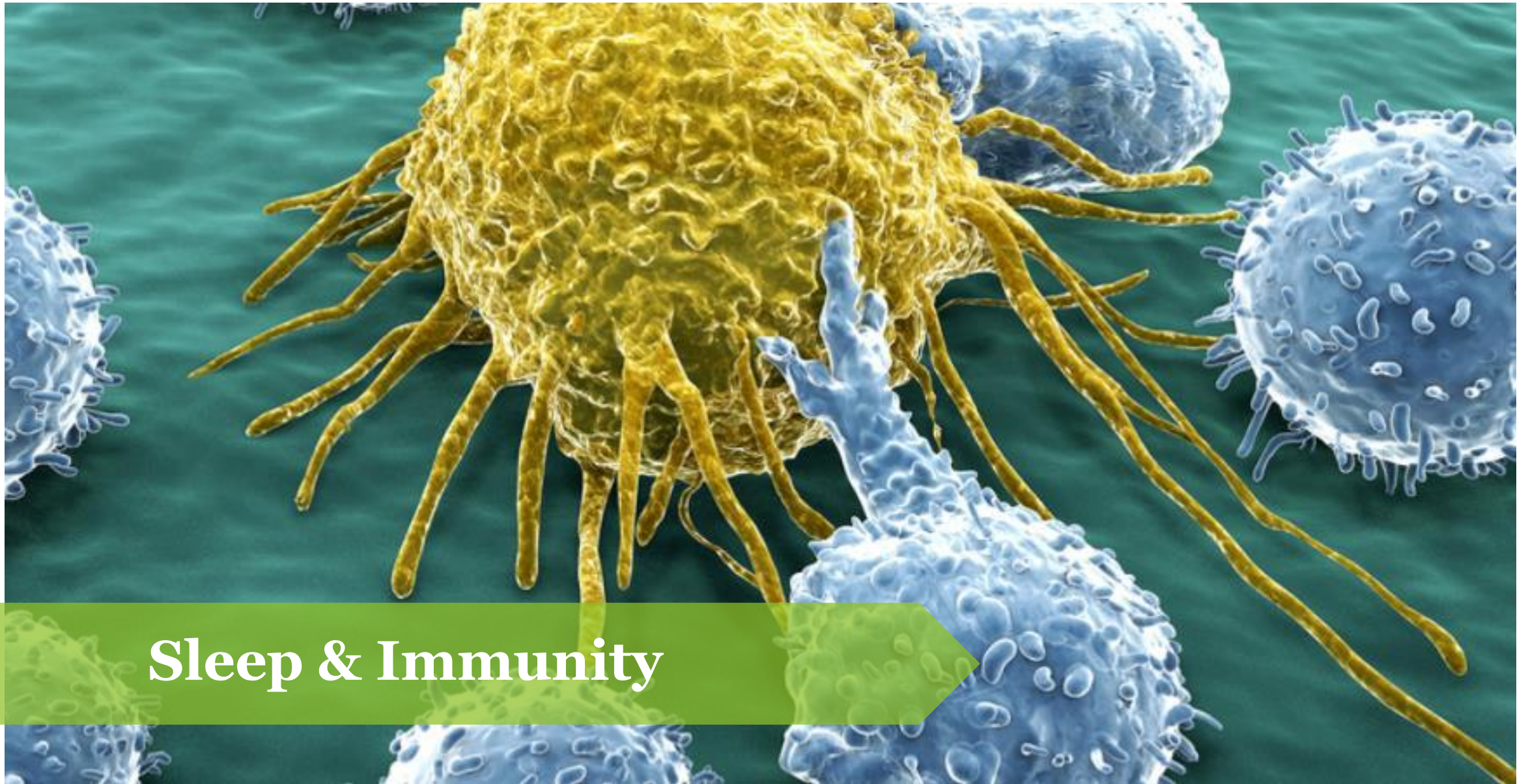
Hippocampus & Sponge

A photograph of a man with dark hair, wearing a blue shirt, looking upwards. The image is framed by a white border and set against a green background with geometric shapes. A green semi-transparent banner is overlaid on the lower part of the image, containing white text.

10 times -clinical depression
17 times -clinical anxiety



Sleep & Your Heart



Sleep & Immunity



Sleep & Insulin



**15% less leptin
20% more ghrelin**

The image is a composite of two photographs. The left photograph shows a man with a beard and curly hair lying in bed, looking upwards with a worried expression. The right photograph shows a woman with dark hair lying in bed, looking directly at the camera with a wide-eyed, anxious expression. The background of the entire image is a solid green color with a white diagonal line separating the two photos.

Hormone Havoc – Testosterone & Cortisol



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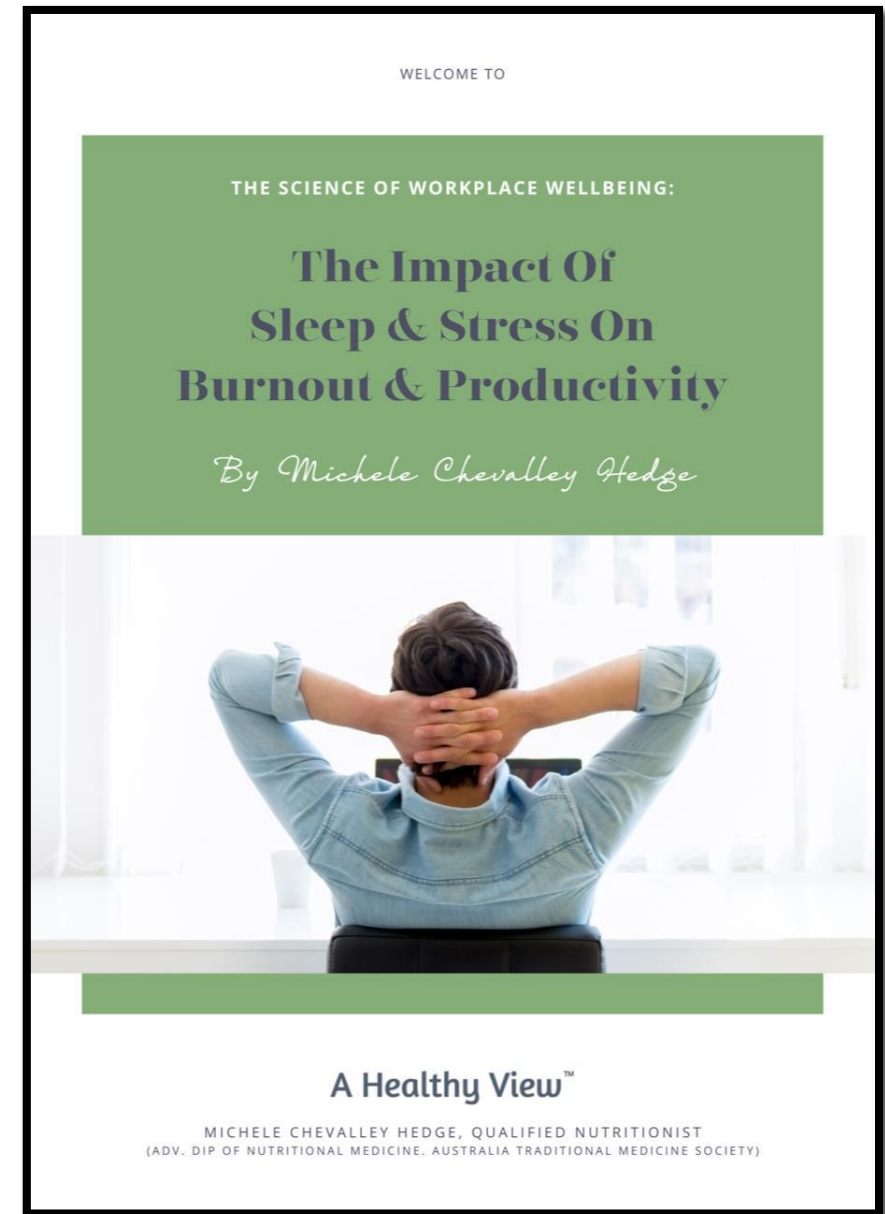


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Head on over to your
Worksheets for this Workshop.
Lots of pearls of wisdom &
Facts that you want to store in
that healthy brain of yours.



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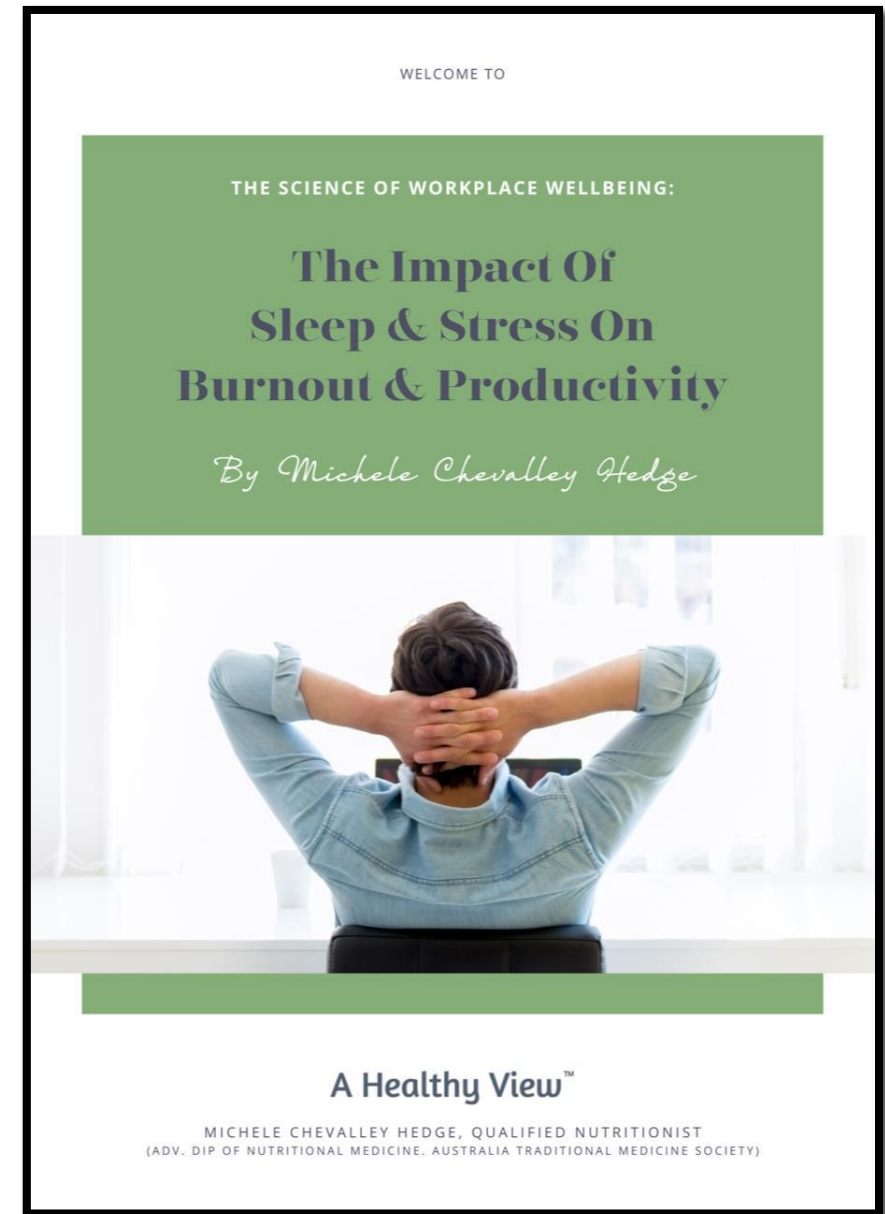




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Sleep & Brain Hacks #1



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Melatonin Vampire



Sleep & Brain Hacks #2



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Sleep & Brain Hacks #3



Sleep & Brain Hacks #4



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Sleep & Brain Hacks #5

Almost **half** of the US **population** is **depleted in magnesium**

48%

MAGNESIUM
BISGLYCINATE/GLYCINATE

absorption
non-laxative

  sleep
calm

MAGNESIUM
CITRATE

absorption
sleep, calm

  laxative
effect

MAGNESIUM
MALATE

energizing

  too stimulating
for some

MAGNESIUM
THREONATE

crosses blood
brain barrier

  low
bioavailability

Sleep & Brain Hacks #6

A blurred photograph of two runners in motion, captured from a low angle. The runner on the left is in the foreground, and the runner on the right is slightly behind. They are running on a light-colored path, possibly a track or a paved road. The background is bright and out of focus, suggesting a sunny day. The image is framed by a white border, which is itself set against a green background with geometric shapes.

Stress & Brain Hacks #7

Stress & Brain Hacks #8



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Stress & Brain Hacks #9



Stress & Brain Hacks #10





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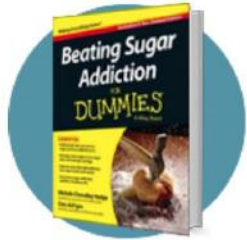
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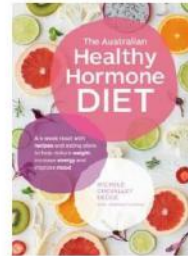


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Beating Sugar Addiction For
Dummies



The Australian Healthy Hormone
Diet Book



Eat Drink and Still Shrink



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