

CORPORATE SLEEP WORKSHOPS

Sleep is not where you think it is.

Practical, science-led sleep support to improve energy, focus, and performance — without overwhelm.

THE
Sleep
FIXER

Kerry Davies · Sleep Practitioner & CBTi Therapist
SCIENCE △ STRATEGY △ SOUL

Poor sleep is a performance issue.

Most organisations treat fatigue as an individual problem. It is not. Chronic poor sleep impairs thinking, communication, decision-making, and emotional regulation. It drives absenteeism, increases error rates, and quietly erodes your culture.

The challenge: most sleep advice focuses on bedtime. But sleep is not built at night. It is built throughout the day — through biology, behaviour, and the nervous system. When your people understand this, something shifts.

74%

of adults report sleep problems affecting their work performance

£40bn

estimated annual cost of poor sleep to the UK economy

4×

more likely to call in sick after six hours of sleep or fewer

The good news: sleep is not broken in most people. It is stuck. And when people understand how their sleep system works, it can be unstuck — faster than they expect.

The answer is in the daytime.

Almost everything you have been told about fixing sleep focuses on bedtime. Routines, schedules, blue light. These are incomplete, and for many people, counterproductive. Kerry teaches the biology that most sleep coaches never reach.

SLEEP PRESSURE

The primary lever

Sleep pressure builds through wakefulness. When it is accidentally eroded through napping, long time in bed, or irregular schedules, sleep onset and quality suffer. Understanding this changes everything.

CIRCADIAN RHYTHM

Anchored at wake-up

Your circadian rhythm is set by your morning, not your bedtime. Light, movement, and consistent wake time are the levers. Kerry teaches teams to work with their biology, not against it.

MENTAL LOAD

The hidden barrier

Unprocessed cognitive load keeps the nervous system alert. Sleep requires the brain to perceive safety. Without that, no routine will help. Kerry addresses this directly and practically.

THE FRAMEWORK

Science. Strategy. Soul.

Every session delivers the science without jargon, the strategy without overwhelm, and the emotional safety that makes change possible. Calm, direct, non-judgmental.

"When people understand their sleep, it changes. Sleep becomes something that happens — not something they have to force."

"Why Your Sleep Isn't Working — And What To Do Instead"

Standard Workshop

£300

per session · up to 100 attendees

WHAT IS INCLUDED

- 45-minute live workshop
- Practical, evidence-based strategies
- Up to 100 attendees
- Core framework delivered as designed
- Up to 10 minutes Q&A
- Online delivery only

NOT INCLUDED IN THIS PACKAGE

- Content customisation
- Branded or tailored materials
- Pre-session planning calls
- Interactive or extended format

Requests beyond the standard workshop — including content changes, planning calls, or additional elements — are delivered as part of a bespoke package or as add-ons. See pages 5 and 6.

Bespoke Workshop Experience

FROM
£750
TO £1,500+

Designed for organisations who want a more tailored, interactive, and deeply integrated experience. Kerry works with you before the session to understand your people, your culture, and your objectives — and builds the session around them.

• Pre-session consultation call included

• Content tailored to your organisation

• Optional interactivity and discussion

• Extended Q&A time

• Optional resource pack

• Follow-up session available

• Up to 100 attendees included

• 30–50 recommended for interactive formats

Pricing reflects the scope of the engagement. All bespoke packages are discussed and confirmed before work begins. No surprises.

Not sure which is right for your team?

A short conversation is usually enough to find the right fit. Reach out to discuss.

Add-ons

Available to complement either the standard or bespoke workshop. All add-ons are confirmed and priced at booking.

Planning call 30-minute pre-session consultation to discuss your team and context	£100
Extended Q&A An additional 20 minutes of facilitated questions from participants	£75
Interactive upgrade Polls, breakout moments, and structured reflection built into the session	£150
Session recording Video recording for internal use and on-demand access	£100
Resource pack Branded, practical take-home guides aligned to the session content	£100
Follow-up session A 30-minute group check-in 4–6 weeks after the initial workshop	From £200

All add-ons are optional and selected at the time of booking. They are not included in the standard workshop fee unless confirmed in writing.



ABOUT KERRY

Kerry Davies

The Sleep Fixer · CBTi Therapist & Sleep Practitioner

Kerry began her career working in mental health and learning disabilities — twelve years of watching what chronic poor sleep does to people. Not a bad night. A broken life. That foundation shaped everything that followed.

Fifteen years ago, she brought that understanding directly into sleep work. And then her own insomnia arrived. She has been in the 2am spiral — not close to it. There. The turning point was not a routine. It was understanding.

Kerry now helps adults and organisations understand their sleep at a biological level — quickly, clearly, and without judgment. Clients consistently say the same thing: this feels easy. That is the point.

- Certified CBTi Therapist & Sleep Practitioner
- 15+ years specialist sleep experience
- Keynote speaker, Royal Society of Medicine
- Featured: The Guardian, The Times, BBC Radio 5 Live, Channel 5 News
- Specialist in adult, child, and family sleep

NEXT STEPS

Let's find what is right for your team.

Whether you are looking for a one-off session or a longer programme of support, the best place to start is a short conversation. Kerry will help you identify the right format, scope, and approach — with no obligation.

GET IN TOUCH

hello@thesleepfixer.com

thesleepfixer.com