

Dr. Jo® energy for people



Sleep: Cycles, Rhythms, Health, and Performance

It's often recommended that we get 7-8 hours of sleep for health and performance benefits. But that's far too simplistic. Getting good *quality* sleep is far more critical for health and performance.

In this program, we'll go into an in-depth discussion of how both the length and quality of our sleep have profound effects on our fatigue, productivity, health, and weight. We'll dive into a fascinating discussion about the recent scientific research regarding our sleep cycle and circadian rhythms – and recommended lifestyle changes to keep the body in sync.

After the program attendees will be able to:

- Identify the latest 2007 AASM stages of sleep and the role of each stage
- Describe how sleep quality affects health, weight, productivity, errors, and accidents
- Recommend five simple strategies to improve sleep quality
- Explain how the caffeine (in terms of the total amount and its half-life) can influence focus and attention, as well as sleep

About Dr. Jo®, PhD, RDN, CSP

Dr. Jo® Lichten is a recognized expert in the areas of workplace productivity and performance....blending the proven science of peak performance with a healthy dose of reality.

In 1000+ programs, she has provided motivation and realistic strategies for improving workplace performance, achieving optimal work/life integration and preventing burnout.

Jo brings decades of experience as an accredited health professional (RDN), her doctorate in Adult Education (Texas A&M) focusing on the area of change management, and her earned prestigious CSP (Certified Speaking Professional) designation.

For seven years, Jo coached C-suite executives on how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute.



Problem:

Fatigue in the workplace costs businesses over \$500 billion globally in *terms of reduced performance and productivity and increased accidents, errors, and healthcare expenses.*

Testimonials:

"Engaging..."

~ Rick Garcia, PhD, RN, CCM,
FL Occupational Health
Conference

*"We thought your
presentation was amazing."*

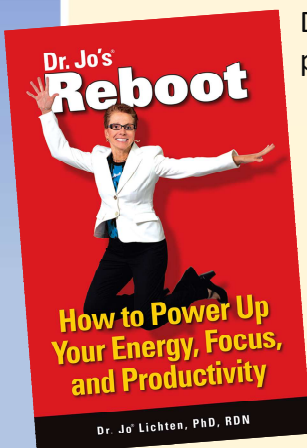
~Patty Day, Medical User
Group Coordinator
(nuclear power plants)

*"Dr. Jo is a fabulous
presenter!"*

Susan Love, AORN

*"Jo is a gifted teacher,
mentor, & storyteller."*

~Anthony Garfallo, Defense
Intelligence Agency



Dr. Jo® energy for people



Dr. Jo®, Productivity Expert, Author, Speaker

Out of Sync Sleep: Chronotype, Jet Lag, Seasonality Disorders, and Shiftwork

Circadian rhythm disorders can have profound effects on our fatigue, errors and accidents, as well as our health and weight. Common causes include chronotypes, jet lag, seasonal affective disorder, long work hours, and shift work. Why do these disorders happen – and how can we correct them?

Participants will discover practical, scientifically-proven health and diet recommendations for management including scheduling, prophylactic naps, recovery breaks, bright light therapy to readjust circadian rhythm, supplemental melatonin, and more.

After the program attendees will be able to:

- Consider several ways to regulate circadian rhythm for shift workers and business travelers suffering from jet lag
- Specify five ways to become more of a morning person – or evening person, when life and career require a shift in personal circadian rhythms
- Describe how naps can best be used to improve productivity and performance

About Dr. Jo®, PhD, RDN, CSP

Dr. Jo® Lichten is a recognized expert in the areas of workplace productivity and performance....blending the proven science of peak performance with a healthy dose of reality.

In 1000+ programs, she has provided motivation and realistic strategies for improving workplace performance, achieving optimal work/life integration and preventing burnout.

Jo brings decades of experience as an accredited health professional (RDN), her doctorate in Adult Education (Texas A&M) focusing on the area of change management, and her earned prestigious CSP (Certified Speaking Professional) designation.

For seven years, Jo coached C-suite executives on how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute.



Problem:

Fatigue in the workplace costs businesses over \$500 billion globally in terms of reduced performance and productivity and increased accidents, errors, and healthcare expenses.

Testimonials:

"Engaging..."

~ Rick Garcia, PhD, RN, CCM,
FL Occupational Health
Conference

*"We thought your
presentation was amazing."*

~Patty Day, Medical User
Group Coordinator
(nuclear power plants)

*"Dr. Jo is a fabulous
presenter!"*

Susan Love, AORN

*"Jo is a gifted teacher,
mentor, & storyteller."*

~Anthony Garfallo, Defense
Intelligence Agency

Dr. Jo's
Reboot



**How to Power Up
Your Energy, Focus,
and Productivity**

Dr. Jo® Lichten, PhD, RDN

954-235-0371 (Jacksonville, FL)

DrJo@DrJo.com

DrJo.com