



**UNIQUE SUPPORT
FOR NIGHT WORKERS**

THE LIMINAL SPACE

"MOST OF THE
TIME I WORK
AT NIGHT"
BOB DYLAN

EAT TO
SLEEP

TICK TOCK
TICK TOCK

WONDERS OF
THE NIGHT...

Zzzzzzz

WORK
OUTS
WORK

OPEN 23 MAY
- 21 JUNE 2018

MAY
2018

JOIN
THE
NIGHT
CLUB



WWW.NIGHT-CLUB.ORG

HOW
DID
YOU
SLEEP?



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JOIN
THE
NIGHT
CLUB



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NIGHT
CLUB



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HOW
DID
YOU
SLEEP?



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JOIN
THE
NIGHT
CLUB



...me to Night Club
...people are working at nig
...ever before. This can be ve
...ult for the mind and body,
...shift workers often comm
...difficulties with sleep.
...ve improve the exper
...ing nights?
Club

Alertness Tracker

...powered. All in low design capacity for a better resolution of the image.

TIME







COUNT
DOWN
TO NIGHT
CLUB

WORK
OUTS
WORK

COUNT
DOWN
TO NIGHT
CLUB
EMERGENCY?

DREAM SLEEP







1	2
3	4
5	6
7	8

HOW
DID YOU
SLEEP
LAST
NIGHT?



WHAT IS YOUR DREAM SLEEP?

Take some time to imagine all the elements that would be needed to create your dream sleep. Select and tick the 3 most important elements to you.

 COMFORTABLE	 DARKNESS
 QUIET	 CLEAR HEAD
 TEMPERATURE	 HUNGER

THE SCIENCE OF SLEEP

You have an internal clock in every cell of your body which is controlled by the light levels in your surroundings. Sleep right when you are tired and at your best when the daylight and your body clock tell you to be awake when they feel best.

YOU ARE?

FEEL EXHAUSTED? YOU MAY BE OVERWORKED.

IF YOU ARE NOT A NATURAL NIGHT OWL, IT IS NOT IMPOSSIBLE TO WORK NIGHTS. BUT USING THE TIPS AND INFORMATION WILL HELP YOU ADAPT TO YOUR WORK SCHEDULE.

FULL EXHAUSTED

FEEL EXHAUSTED? HEAVY EYES? SLEEPY? TRY THESE TIPS TO RECHARGE YOUR BATTERIES.

BE CLEAR WITH FAMILY AND FRIENDS ABOUT THE NEED TO PROTECT YOUR SLEEP PATTERN AND WHY IT'S IMPORTANT FOR YOUR HEALTH.

8-HOURS KIP A NIGHT?

WE ARE ALL DIFFERENT. EACH OF US HAS OUR OWN NATURAL SLEEP NEED THAT IN ADULTS USUALLY RANGES FROM AROUND 7-9 HOURS. WHAT'S YOURS?

AN INTERNAL EVERY CELL BODY WHICH CONTROLLED BY THE CELLS IN YOUR BLOOD.

WARD OFF INSOMNIA

SLEEP IS ESSENTIAL FOR ESSENTIAL

You can trick your body into changing its hours - but it will always revert back to its natural rhythm by daylight.

BRAND NEW SLEEPY TIMES SLEEPY TIMES SLEEPY TIMES SLEEPY TIMES SLEEPY TIMES



WHAT IS NIGHT CLUB?

Night Club is a unique initiative that brings **SLEEP EXPERTS** into the workplace to help workers and employers create a **BETTER** and **HEALTHIER** experience of **WORKING AT NIGHT**.



**10,000 PEOPLE
HAVE TAKEN
PART IN
NIGHT CLUB!***

***And we've reached
thousands more through our
Sleep Champions programme.**



Met Office

Morrisons
Since 1899

SKANSKA

NHS

BAE SYSTEMS

TRANSPENNINE
ROUTE UPGRADE



SCNi

Sleep and Circadian Neuroscience Institute

TESCO

Impact
on Urban
Health

essentia



STRABAG



brakes

BRITISH AIRWAYS

HS2 GXO

RATP DEV
TRANSIT LONDON

NetworkRail

VEOLIA

CO
OP

Stagecoach

Metroline

TRANSPORT
FOR LONDON
EVERY JOURNEY MATTERS



ArdaghMetalPackaging

ABM

arriva

GoAhead
LONDON



THE CHALLENGE OF WORKING AT NIGHT

Night workers are...

37%
more likely to
have heart
problems

44%
more likely to
have diabetes

32%
more likely to
have
reproductive
issues

6 Times
more likely to
get divorced

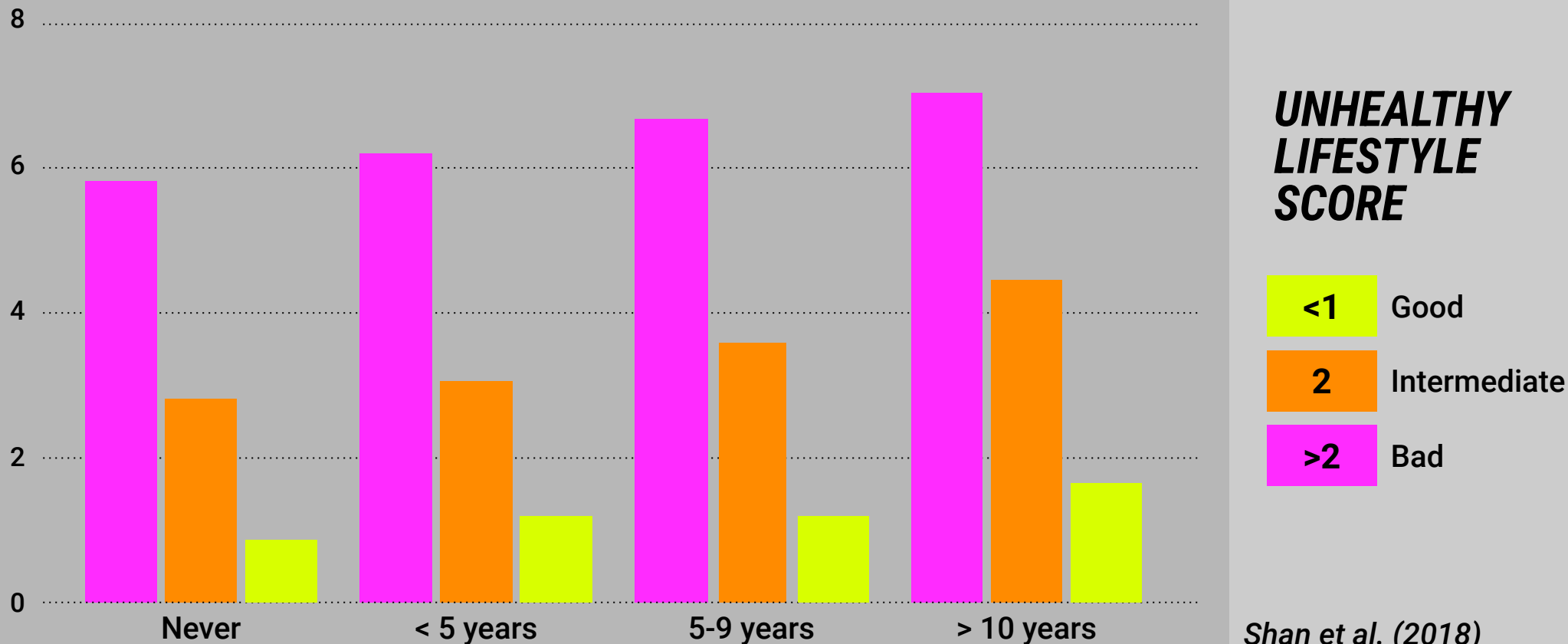
75%
more likely to
feel left out at
work

...than day workers.



LIFESTYLE CHANGE IS POWERFUL

Hazard Ratio of Type 2 Diabetes*



Duration of night shift work



SLEEP HELPS PROBLEM SOLVING

% Successful in Problem Solving

sleep promotes
the ability to come-up
with novel solutions to
complex problems!

80
70
60
50
40
30
20
10
0

MORNING: **INTRO**
AFTERNOON: **TESTING**

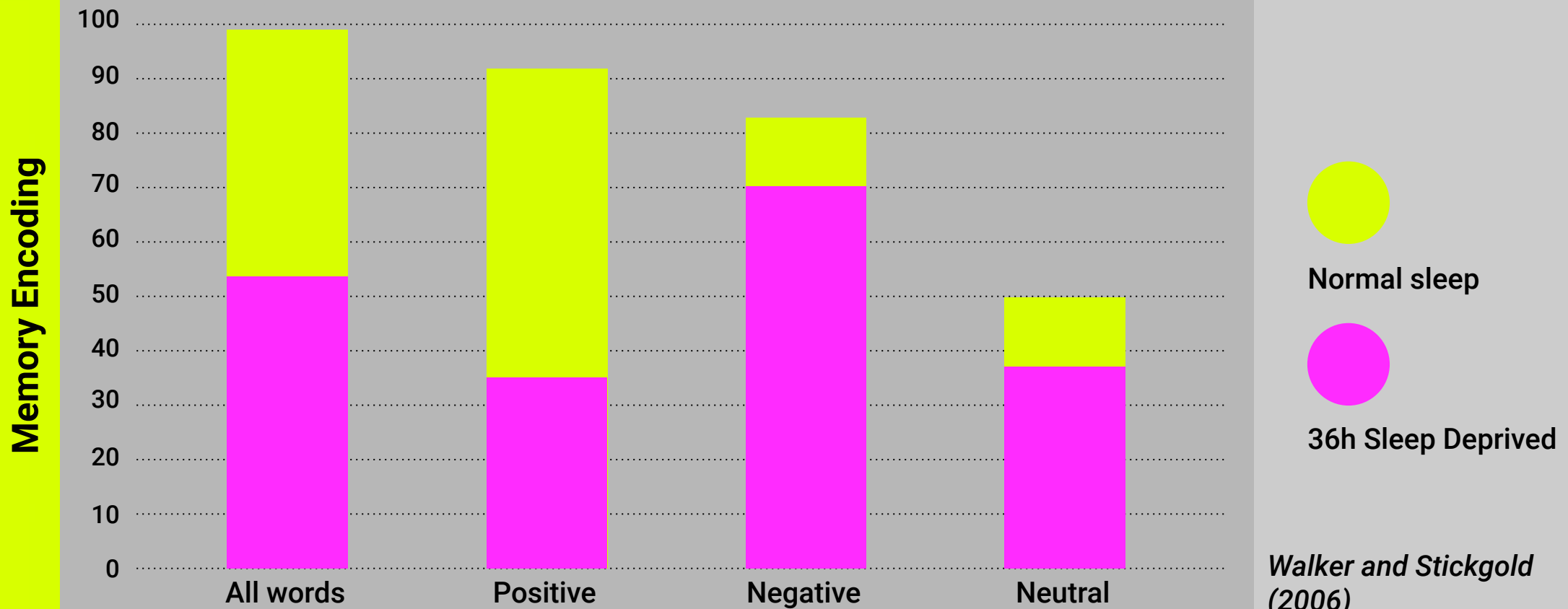
MORNING: **INTRO**
NEXT AFTERNOON: **TESTING**
NO SLEEP

MORNING: **INTRO**
NEXT AFTERNOON: **TESTING**
WITH SLEEP

Wagner et al. (2004)



WHEN YOU SLEEP WELL YOU FOCUS ON THE POSITIVE



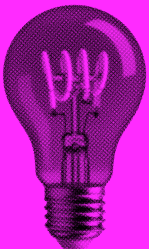
WHAT WE OFFER: THE EXPERIENCE



CHRONOTYPE



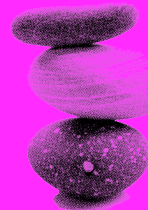
ENVIRONMENT



LIGHT



DIET & EXERCISE

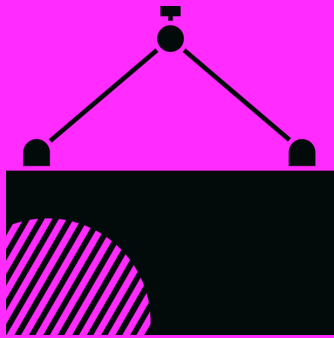


MENTAL HEALTH



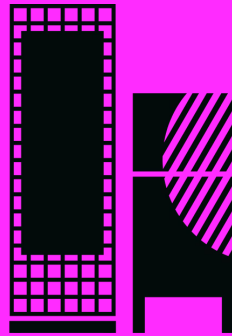
WHAT WE OFFER: CORE

There are **THREE CORE** versions of Night Club to choose from.



MAX

Our flagship product. A walk-in installation within a shipping container, kitted out with an exhibition and learning area.



FLEX

A walk-in exhibit and learning area made to fit your space, whether it's a foyer, canteen or meeting room.



MINI

The Night Club learning experience condensed into a portable toolbox with minimal set-up time.

Each involves up to seven **45-minute sessions** in a night, delivered by skilled sleep facilitators who engage participants with **activities, quizzes, healthy snacks and refreshments, recipe cards and sleep tips.**

WHAT WE OFFER: SLEEP CHAMPIONS



Sleep Champions is our programme of ongoing support to embed and sustain the impact of Night Club within your organisation.

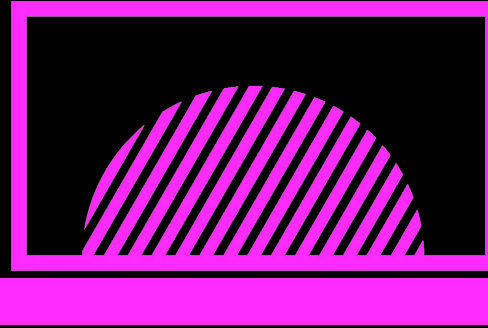
We give volunteer employees the knowledge, tools and confidence to support their peers with issues around sleep and wellbeing, and promote a positive culture around shift work.



“Really engaging... we now have 8 Sleep Champions at the depot. They work with the entire staff on a peer-to-peer basis”

Night Club @ Veolia

WHAT WE OFFER: ONLINE



NIGHT CLUB ONLINE

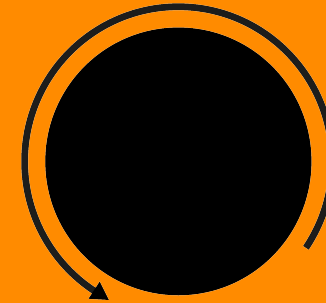
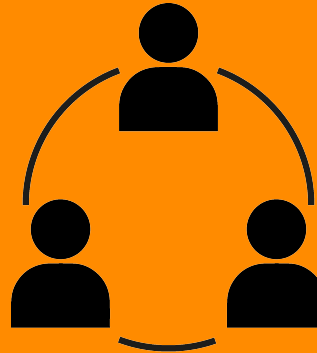
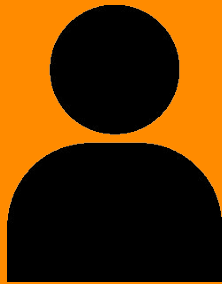
- An option to reach remote workers, dispersed teams, small businesses, international staff and more.
- Highly interactive 90 minute small group sessions delivered live by a sleep expert live.
- Supported by a physical activation pack of materials for each participant.

INTRODUCTORY WEBINAR

- The focus of this 1 hour session is raising awareness of the challenges that face night workers, and sharing our top tips of how employers can support their night staff better.
- The session include a summary of key areas from the NIGHT CLUB curriculum, and a deep dive into experiences of night workers.

HOW WE WORK

Night Club addresses the issues faced by people who work at night by tackling them at three levels:



INDIVIDUAL:

Supporting people to improve their sleep and wellbeing.

ORGANISATIONAL:

Sharing feedback and helping employers make positive changes.

SYSTEMIC:

Influencing national action for people who work at night.

OUR IMPACT ON INDIVIDUALS

Night Club is...

INFORMATIVE

90% of participants learnt something new about how to improve their quality of sleep.

EMPOWERING

80% agree that they are confident they can make changes to improve the quality of their sleep following the Night Club programme.

FEELING VALUED

80% of participants said that Night Club shows their employer has a positive interest in their health and wellbeing.

ENGAGING

89% of participants would recommend Night Club to their colleagues.



INDIVIDUAL

OUR IMPACT ON ORGANISATIONS

INDUCTION PROCESS

Incorporating sleep health information into new employee induction material.

CULTURE

Bringing conversations about sleep and fatigue into the mainstream via Sleep Champions, internal communications and as part of safety campaigns.

OCCUPATIONAL HEALTH

Making health checks and related services available at night.

LIGHTING

Incorporating lessons on sleep and lighting into a new logistics depot design.

CATERING

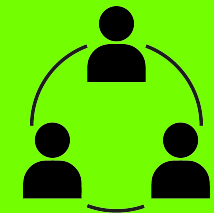
Providing decaffeinated drinks and microwaves in break rooms, changing vending machine stock to support healthier choices.

ROTAS

Consulting employees on shift patterns.

WELLBEING

Creating a dedicated wellbeing space in depots.



ORGANISATIONAL

GET INVOLVED

"Night Club is one of the most innovative initiatives I've seen."

STEVE MURRELLS, FORMER
CEO of Co-op

info@night-club.org