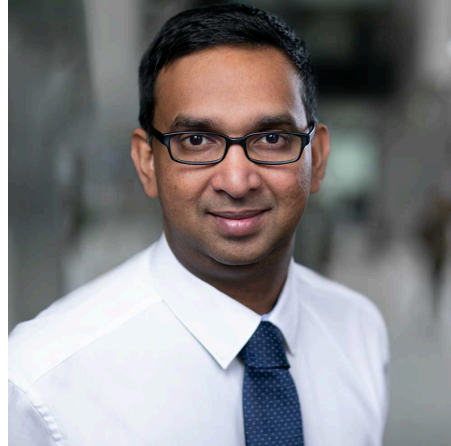




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Motty Varghese

Sleep Physiologist



Motty Varghese has 15 years of experience as a Senior Sleep Physiologist (licensed by BRPT in USA) in St James's Hospital and now dedicate his time to Sleep Therapy Clinic as a Behavioural Sleep Medicine practitioner where he offers therapy for behavioural sleep issues like insomnia and sleep diagnostic services for adults and paediatric population. Motty holds a mini fellowship in Behavioural Sleep medicine from Perelman School of Medicine, Univ. Of Pennsylvania. He has spoken at the National Sleep Foundation (USA) meeting in Texas in 2019 and at the Mental Health and Wellbeing summit in Aviva in Dublin. Motty has also spoken to google employees in the EMEA, Asia pacific and North American teams in 2020 and worked with employees of AIB, Ulster bank, Intel, HSE, UCD and several other Irish organisations. Motty is regularly featured in Irish print and broadcasting media.

Optimise your Sleep for Health and Productivity

Corporate sleep seminar focuses on projecting sleep as the single most important factor to enhance productivity, manage fatigue, improve task effectiveness, and reduce absenteeism. The highlights of the talk would be to enlighten the audience on the science of sleep, how stress and anxiety can affect sleep and to correct the dysfunctional beliefs and attitudes about sleep. The importance of sleep on decision making, memory formation and performance and how it can influence dietary habits will also be discussed. The seminar will focus on how to tackle sleepless nights that are associated with insomnia and educate on sleep apnea and will conclude with information on how to nurture sleep.