

NIGHT FIT

What is Night Fit?

Night Fit is a performance innovation, which aims to maximize human potential and to improve employee productivity, health, and wellbeing by enhancing sleep efficiency.

Maximizing human potential at 'high performance organizations'

All high performance organizations have one thing in common: they intend to maximize human performance while, at the same time, they also want to keep their employees fit, happy, and healthy. Targets are set at high levels and errors can be very costly. Therefore, optimal focus, alertness, and good sleep are required. However, as anyone in a high pressure position will tell you, a good night's sleep is all but a given. Poor sleep increases the risk of fatigue, which leads to suboptimal performance, health, and wellbeing.

We, at KM Human Factors Engineering, enhance sleep and performance in various high pressure environments, such as the offshore industry, the military, consultancies, and professional sports teams.

Night Fit: A proactive fatigue countermeasure

The Night Fit method applies effective sleep enhancing strategies which help to increase the quality of sleep without the use of medication. One of these strategies employs timed light-exposure using special glasses and blue lights, which help to achieve a more efficient sleep. As high quality sleep helps our brain to function optimally, our strategies will help employees to be more productive and to make better decisions. Additionally, our strategies will help to improve the mental and physical health of employees. The Night Fit strategies are taught to the participants in one or two interactive workshops.

Night Fit: Benefits

1

Improved performance: Improving sleep quality will – after the first night – lead to an increased focus, memory, and concentration. Moreover, it will help the employees to make high quality and split second decisions.

2

Increased health and well-being: Increasing sleep quality will lead to a healthier appetite, an enhanced physical recovery, a better hormone function, and an improved immune function. Specifically, it will optimize health and overall wellbeing.

3

Reduced fatigue related costs: Enhancing sleep efficiency will lead to increased employee productivity and a reduction of human errors. In addition, the sleep-related medical costs will be reduced. Note, poor sleep and fatigue can cost organizations €1700-1800 per employee annually. [1]

Night Fit, it works!



Please visit our website www.km-humanfactors.com for information about our latest projects at: Audittrail, AZ Alkmaar, Allseas, Bleekemolen Racing, and Seaway Heavy Lifting

Our latest results at Allseas'

The number of employees with a sleep quality grade of 8 or higher increased from 21% to 62% six months after the implementation of Night Fit;

The number of 'poor sleepers' decreased with more than 80%;

70% of the participants reported Night Fit has improved their energy levels during work

Start maximizing human performance at your organization!

Night Fit is implemented in four steps:

- (1) Short sleep questionnaire
- (2) Delivery and instructions of the Night Fit materials
- (3) One or two interactive workshops taught at the office
- (4) Evaluation report and presentation

[1] Rosekind, (2010). The cost of poor sleep: workplace productivity loss and associated costs.
<http://www.ncbi.nlm.nih.gov/pubmed/20042880>