

NIGHT FIT

Maximizing human potential

What is Night Fit?

Night Fit is a performance innovation, which aims to maximize human potential and to improve employee health, wellbeing, and productivity through the enhancement of 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.

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 wellbeing:

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:

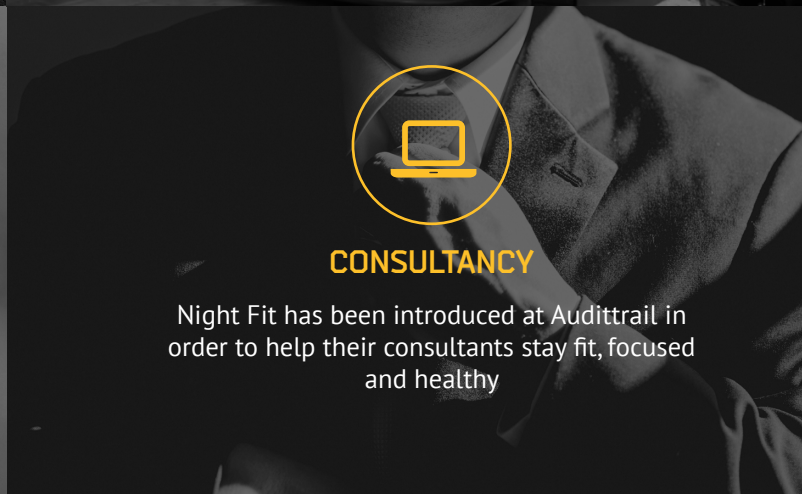
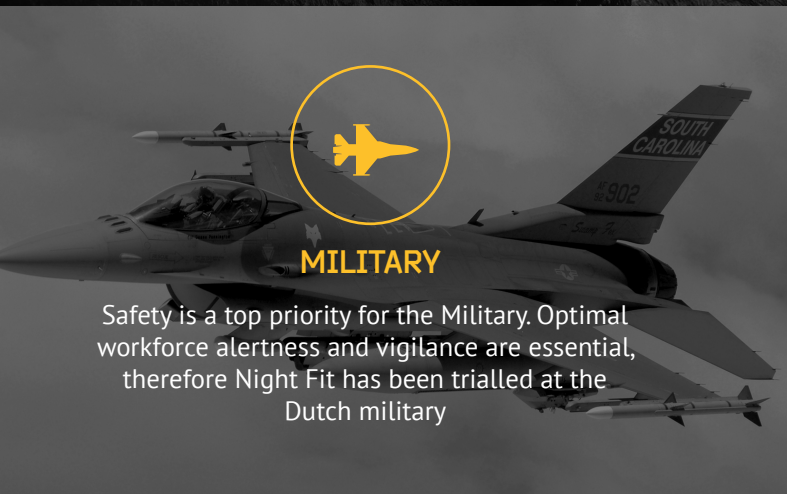
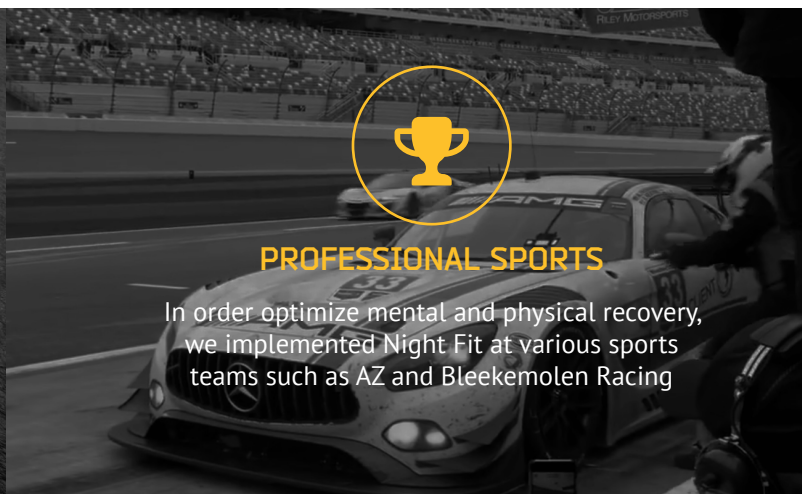
Enhancing sleep efficiency will lead to increased employee productivity and a reduction of human errors, and sick days. Note, poor sleep and fatigue can cost organizations €1700-1800 per employee annually. ^[1]

[1] Rosekind et al., [2010]. The cost of poor sleep: workplace productivity loss and associated costs.

Health and performance innovation

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.

Our cases



Maximize human performance at your organization

Night Fit is implemented in three steps:

- I. Short sleep questionnaire
- II. One or two interactive workshops, including delivery and instructions of the Night Fit materials
- III. Evaluation report and presentation

KM Human Factors Engineering