

WORK HARD, SLEEP HARD

Maximizing, sleep, focus, and performance with Night Fit

OPTIMAL PERFORMANCE

All 'high performance' organizations have one thing in common: they intend to maximize human performance. Therefore, optimal focus, alertness, and good sleep are required.

The 'Work Hard, Sleep Hard' workshops we offer will help you to enhance your sleep efficiency.

WHAT'S IN IT FOR YOU?

You can also benefit from this method. Enhanced quality of sleep will improve your energy levels and helps you to recover more quickly both mentally and physically. Enhanced sleep quality helps you to fully recharge your brain and body and to reduce stress.

1

Energy

2

Focus

3

Mood

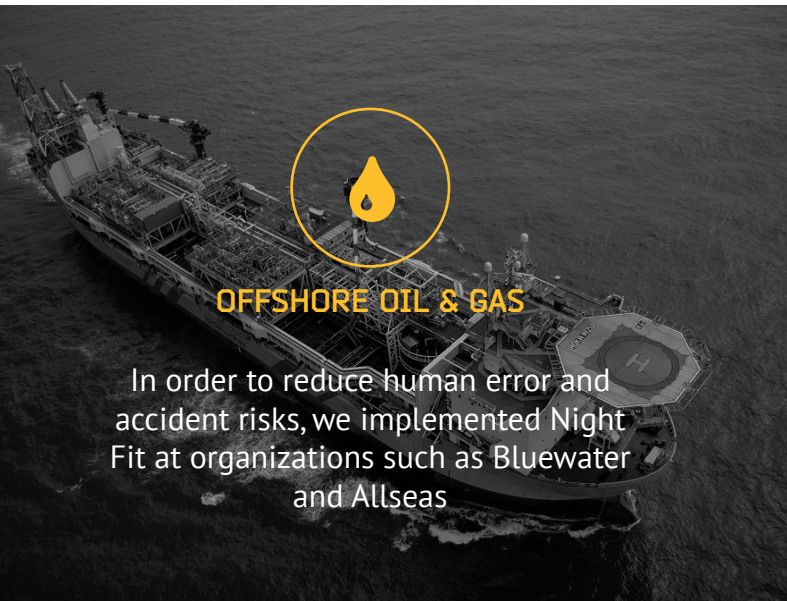
4


Performance

WHAT IS NIGHT FIT?

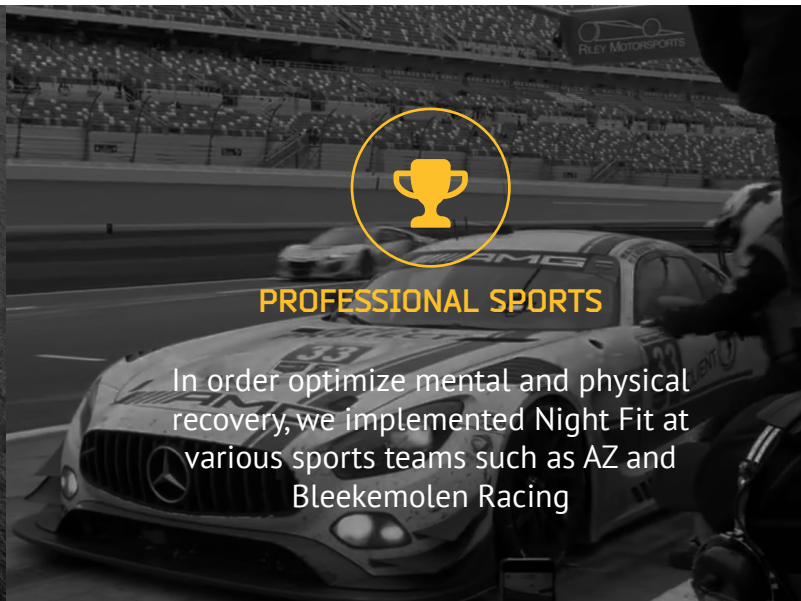
The 'Work Hard, Sleep Hard' workshops applies effective sleep enhancing strategies which are taught to the participants in one or two interactive workshops. These strategies are also applied at NASA, the military and professional sports in order to enhance performance and recovery. The participants also receive glasses that filter blue light which helps them to fall asleep more quickly.


OUR CASES





OFFSHORE OIL & GAS

In order to reduce human error and accident risks, we implemented Night Fit at organizations such as Bluewater and Allseas



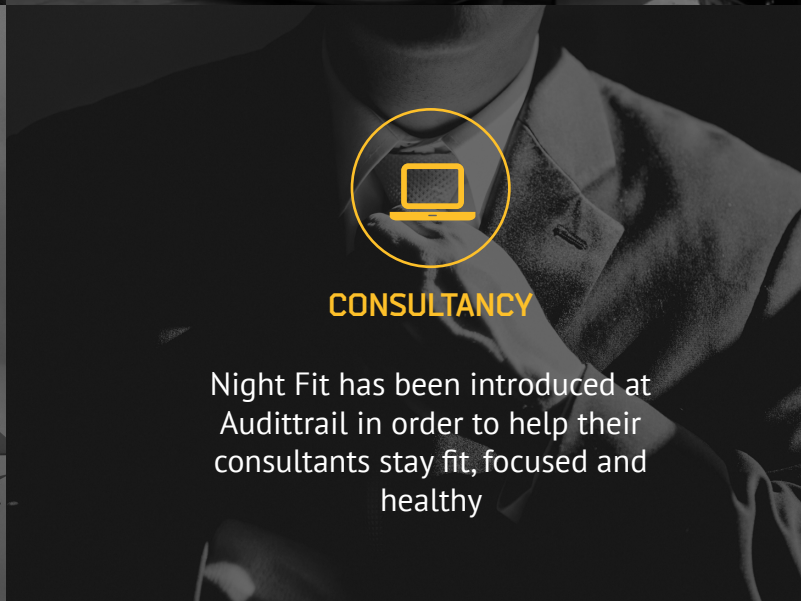

PROFESSIONAL SPORTS


In order to optimize mental and physical recovery, we implemented Night Fit at various sports teams such as AZ and Bleekemolen Racing




MILITARY

Safety is a top priority for the Military. Optimal workforce alertness and vigilance are essential, therefore Night Fit has been trialled at the Dutch military




CONSULTANCY

Night Fit has been introduced at Audittrail in order to help their consultants stay fit, focused and healthy

KM Human Factors Engineering