

# Sleep Tight, Work Bright

Focusing on fatigue and sleep factors to improve workplace wellbeing

Annual Conference 6 February 2018

Holborn Bars, 138-142 Holborn, London, EC1N 2NQ

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Speakers include Prof Russell Foster from the Sleep and Circadian Neuroscience Institute, Diana Kloss, Christina Butterworth, Dr. Michael Farquar. There will be a variety of workshops including topics on the future world of work and impact on sleep patterns, Sleepio will be discussing whether digital medicine can transform our sleep, burnout and fatigue and what can we do about it.

[Please click here to register your place](#)

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