



**Andre  
Obradovic**

## Sleep Coaching

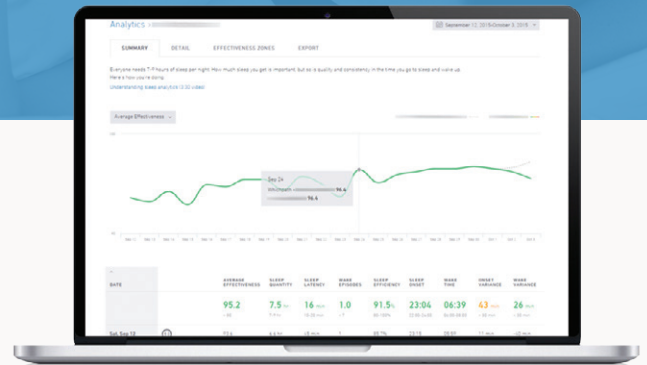
CAPTURE + INSIGHTS + OPTIMISE

Have you considered the damage that a poor night's sleep is doing to your health, performance and general wellbeing?

Certified by CIRCADIAN® AUSTRALIA, I combine world class technology and fatigue management coaching to help individuals improve their sleeping habits and overall performance. Using the Readiband™, I provide Readiband™ sleep reports that determine how much sleep an individual is getting, and also how efficient that sleep is.

An initial 14 day study is undertaken to monitor sleep patterns to identify anomalies in sleep and also how this affects mental alertness during the day, by measuring sleep quantity, quality and timing. I then work with my clients to help them optimise their sleeping performance, and unlock their full potential.

Initially developed by the military and research community to effectively measure sleep outside the laboratory, the Readiband™ is a medically certified (US FDA) ActiGraph, and one of the world's most accurate wrist-worn sleep detection device. This powerful technology is now used worldwide by elite athletes, shift workers and executives to unlock deep insights into their sleeping patterns and how this impacts on their mental alertness and to optimise performance. Now, it's available as part of my sleep coaching packages.



Following the initial 14 day study, you will receive a report that identifies trends and issues in your sleep patterns, and how they are impacting on your day to day life. Over the course of the next four months, I will work closely with you to identify the underlying issues and work towards improving your sleep habits, boosting energy levels, and optimising your performance.

### SLEEP COACHING PACKAGES

#### Capture + Insights

- + Initial Readiband and 14 day study – Capture
- + Initial sleep report analysis – Insights
- + 1 hr initial coaching session – Optimise

**\$299**

#### Capture + Insights + Optimise

- + Initial Readiband™ and 14 day study
- + Initial sleep report analysis
- + 1 hour initial coaching session – Optimise
- + Access to online learning videos on sleep
- + 3 monthly coaching sessions (1 hour) Optimise
- + Readiband™ and 14 day study
- + Second sleep report analysis

**\$899**



mental



physical



emotional