Contact
- via phone/email on website

Initial consultation
- Interview to identify Sleep/lifestyle challenges
- 1 hour
- Qualtrics questionnaires

Subjective sleep/activity/environment
- Qualtrics questionnaires
- 30 Mins

Wake-rest cycle
- Measures physical activity and sleep
- 2 week Actigraphy

Environmental monitoring
- Measures light and temperature levels
- 2 week Actigraphy

Sleep Structure
- Measures brain activity to show sleep stages
- Can identify REM based sleep disorders
- 2 week EEG

Blood Oxygen Concentration
- Measures levels of O2 in blood
- Can identify sleep apnea
- 2+ nights Pulse Oximeter

Core Body Temperature
- Measures 36-48 hour internal temperature
- Can identify circadian rhythm misalignment. High temp = less slow wave sleep & sleep quality
- 2 measurements using eCelsius capsules / 4 days

Hormonal sampling
- 1 week
- Identify circadian rhythm sleep disorders

Subjective Sleep
- Measure how well & long you sleep and interruptions to sleep
- 2 week Sleep diary

Subjective Fatigue
- Measure exhaustion, fatigue
- 2 week Sleep diary

Sex Hormones
- Measure Oestradiol & Progesterone levels from saliva or blood sample
- Insight into menstural cycle and menopause

Stress and Sleep Hormones
- Measure Cortisol / Melatonin from saliva or blood sample
- High cortisol = insomnia & apnea
- Measure Dim Light Melatonin Onset to assess circadian rhythm sleep disorders

Formulate Personalised Sleep Improvement Strategies

Report Back to Client (write a report and talk to client)