

Through the Woods

Support Your Team With Sleep Health Education

Through the Woods Sleep Psychology specialises in delivering expert training on sleep health, tailored to meet the unique needs of organisations across all sectors. Whether your team prefers in-person workshops or virtual presentations, we offer flexible, **science-based solutions** designed to support employee wellbeing, performance, and safety.

Sleep is a vital pillar of workplace health. Well-rested employees are more focused, productive, and less prone to errors—leading to improved performance, fewer accidents, and a safer working environment. Prioritising sleep health can also reduce absenteeism, staff turnover, and associated costs. In addition,

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employees who sleep well report better mood, higher engagement, and greater job satisfaction—helping build a more resilient and positive workplace culture.

Our training is especially valuable in industries where long hours, shift work, or high-stakes decision-making are the norm. From tourism, healthcare, and transportation to finance, law, and IT, we help teams manage fatigue, improve sleep quality, and maintain high performance. We also work with safety-critical sectors like adventure tourism, agriculture, manufacturing, mining, and logistics—where the risks of poor sleep can be significant.

Whatever your field, we provide sleep health education and practical, evidence-informed strategies to reduce fatigue-related risks, enhance employee wellbeing, and boost productivity across your organisation.



Meet Mags

Mags is a Clinical Sleep Therapist and Sleep Psychology Consultant with extensive experience across industries where safety and wellbeing are paramount. She holds Master's degrees in both Psychology and Philosophy and has conducted research on sleep and mood during the COVID-19 lockdown. Mags has trained under world-renowned sleep experts and delivers practical, evidence-based strategies grounded in behavioural science. She also collaborates with leading sleep, fatigue, and shift work researchers in Australia to bridge the gap between science and real-world application.

Her mission is to help New Zealanders sleep better—supporting individuals and organisations to build healthier lives and safer workplaces.

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Her work focuses on three core goals:

- Improving sleep health at both individual and organisational levels
- Bridging the gap between research and real-world practice
- Educating on behavioural and cognitive sleep tools to foster lasting change

