

# WORLD SLEEP DAY – FREE 1 HOUR TALK

## “How are you sleeping?”

It is such a simple yet profound question, because sleep is really important for our health and performance, but challenged by modern life and often overlooked.

The good news is that on World Sleep Day, Dr Bhatia from Humble is offering a free talk.



**FREE ONLINE SLEEP TALK – FRIDAY MARCH 15TH 2024 – 13.00–14.00 BST**

To register, please email: [team@humble.info](mailto:team@humble.info)

In the session we will simplify the science of sleep, inspire and empower you with practical skills and resources to improve your sleep

This is for you if you would like to sleep better and even if you don't struggle, because wherever you begin, our goal is to help you be a super sleeper.

To find out more visit [www.humblesleep.com](http://www.humblesleep.com) or visit our linked in page: <https://www.linkedin.com/company/humbleinfo/>

Dr Ashish Bhatia is a NHS GP and Medical Lecturer at Bristol University and Insomnia Consultant at Sulis Hospital in Bath. He is also the founder of Humble.



Humble specialises in health, wellbeing and performance optimisation. Combining science with practical support to help bring out your best. Our approaches are effective for individuals, teams, schools and organisations, used to train doctors, adopted by the British Holistic Medical Association and have been presented at the Royal Society of Medicine.

