

How do you sleep?

**Improving the health &
productivity of your teams**

IN PARTNERSHIP WITH

OURA

Do life well



Why sleep matters

Insufficient sleep costs the UK's economy up to £38.6 billion per year due to loss of productivity*

- Average adults need 7-9 hours sleep for full restorative sleep cycle, but in the UK most get **just 6 hours and 19 minutes**
- Driving on 6-7 hours of sleep increases the risk of a car crash by 1.3, on 4 hours that risk jumps to 4.3 and on less than 4 your **risk is increased by 11.5****
- 10 days of 6 hours sleep (or 6 days of 4 hours sleep) is the same as 24 hours of not sleep = **400% increase in lapse of concentration**
- Chronic sleep deprivation causes "baseline resetting" meaning **you do not know how sleep deprived you are**
- Millions spend years of their lives in sub-optimal states of psychological and physiological functioning

Sleep loss affects the brain by increasing the risk of:

- Alzheimer's disease
- Anxiety/depression
- Bipolar disorder
- Stroke
- Chronic pain
- Suicide

Sleep loss affects the body by increasing the risk of:

- Cancer
- Diabetes
- Heart attack
- Infertility
- Weight gain & obesity
- Immune deficiencies

Introducing our partner Oura

Oura is the world's first wellness ring and app that shows how body responds to person's lifestyle by analysing sleep, activity levels, daily rhythms and the physiological responses in the body.

Through our partnership with the Oura Ring, we collect multiple data points. With our clinical expertise, we assess and provide feedback on:

- 1) General health & wellbeing
- 2) Sleep quantity and quality
- 3) Mental health & stress
- 4) Activity





NEW: No-fuss wireless sleep screen Doctors Clinic Group

Our unique Sleep Screen brings the latest sleep monitoring technology to you and allows our medical experts to monitor how you sleep with the Oura Ring.

The sleep screen provides an in-depth look at how you sleep, other health indicators and is available as a one-month screen or an ongoing 12-month support program. It can be delivered in clinic, onsite or virtually.

It includes:

- An assessment of data and trends using multiple data points at any time
- Tracks heart rate variability, which is a useful indicator of several health-related issues
- Tracks 3 major sleep stages: Light NREM, deep NREM and REM sleep
- Displays sleep quantity and quality
- Provides an indication of recovery from mental and physical strain
- Workout information transferred from Apple health
- Correlated with other key screening factors
- Holistic assessment and on-site advice
- Can be done nationwide and in clinics.
- Could also be offered internationally if desired.

Starting your sleep revolution

- As part of your Sleep screen you will be set up with an Oura Ring and app
- Your data is collected by the ring and stored in the secure app
- During your sleep screen your results will be analysed and discussed
- You can see your sleep data aggregated against general world population*
- The screen will highlight areas of concern and provide lifestyle improvement to encourage better sleep behaviours

Evidence-based benefits of restorative sleep**

- Enhances memory recall
- Increases creativity
- Protects you from dementia
- Lowers the risk of cancer
- Improve immune system
- Lowers risk of heart attacks, stroke and diabetes
- Improves feelings of stress and anxiety
- Reduces risk of depression
- Reduces food cravings and help you maintain a healthy weight

Benefits of our sleep screens for employers

Reduce the cost of presenteeism and sleep-related absenteeism

Sleep screens focuses on physical and mental health and highlights areas of concern

Data-driven wellness and screenings to improve the health and wellbeing of your teams so they can perform better at work and in life

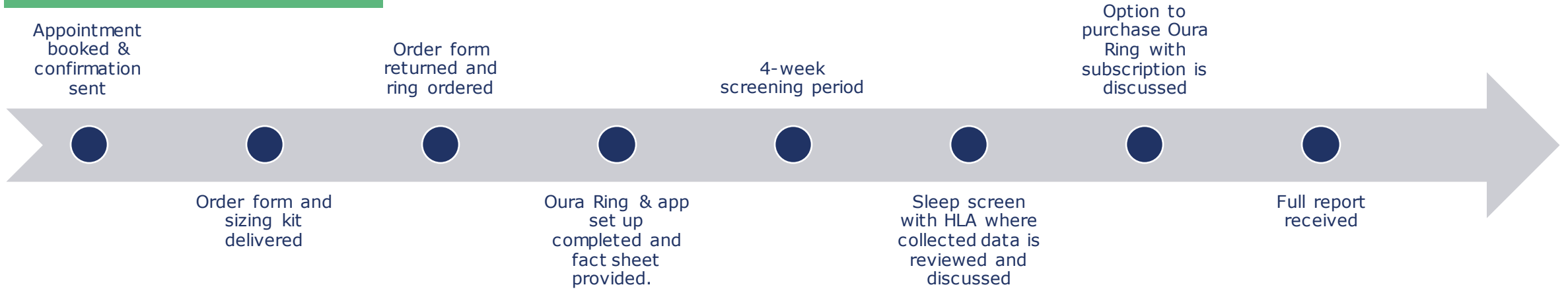
360 corporate wellbeing package with easy onward referrals to specialists where necessary

Robust mental health pathway to help companies tackle stress and anxiety to reduce impact on quality of sleep, including rapid referral to mental health specialists if required

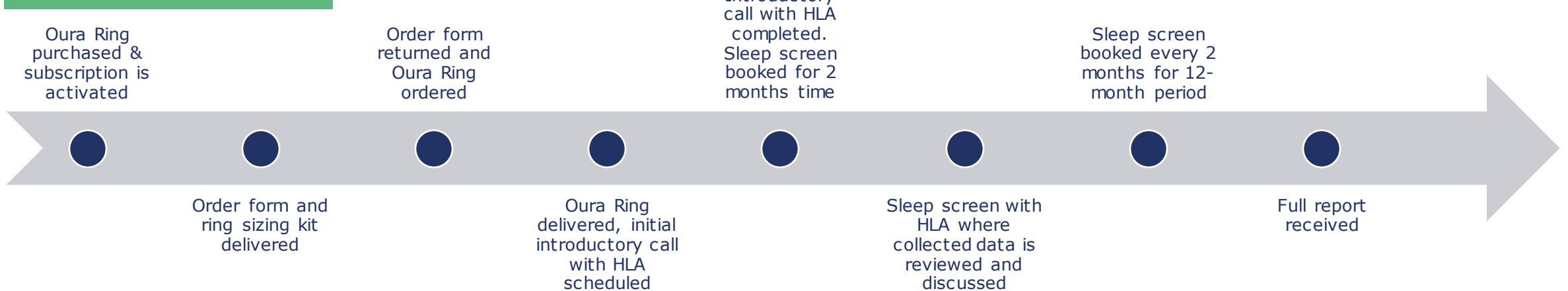
Full suite of occupational health services for ongoing monitoring and support

Booking process

FACE TO FACE SLEEP SCREEN



VIRTUAL SLEEP SCREEN



Appendix



LifeSmart Health Screens

LifeSmart Health Screens	Vital	Bronze	Silver	Gold	Platinum
Lifestyle assessment (smoking, alcohol & sleep)	✓	✓	✓	✓	✓
Mental health & stress check		✓	✓	✓	✓
Physical activity assessment		✓	✓	✓	✓
Diet assessment & diabetes risk	✓	✓	✓	✓	✓
Personalised medical report	✓	✓	✓	✓	✓
Comprehensive physical examination			✓	✓	✓
Body composition: height & weight, BMI, body fat %	✓	✓	✓	✓	✓
Blood pressure		✓	✓	✓	✓
Lung function test			✓	✓	✓
O2 saturation			✓	✓	✓
Grip strength test				✓	✓
Blood analysis: biochemistry & haematology Profile		✓	✓	✓	✓
Urinalysis			✓	✓	✓
Bowel cancer screen for over 45s				✓	✓
ECG				✓	✓
Cardiology report					✓
Stress ECG					✓
Sleep screen	✓	✓	✓	✓	✓
Female Specific Testing					
Breast examination				✓	✓
Pelvic examination & cervical smear test for over 25s				✓	✓
Breast Ultrasound Scan					✓
CA125 ovarian cancer blood test					✓
Male Specific Testing					
Testicular examination				✓	✓
Prostate examination for over 40s				✓	✓
PSA test for over 40s				✓	✓

- Sleep screens can be added onto our existing Life Smart health screen offering.
- Oura Ring and app/dashboard set up will be done at the end of the health screen by a Healthy Lifestyle Adviser.
- Following 4-week trial period, the patient returns for their Sleep Screen.
- There will be an option to purchase an Oura Ring with an after-care subscription package.

Multiple data-points are collected by the Oura Ring

Sleep Screen	General health & wellness	Sleep quality & quantity	Mental health-stress & anxiety
Activity balance	✓		
Activity burn	✓		
Activity daily movement	✓		
Activity score	✓		
Average heart rate variable	✓		
Average Metabolic Equivalents	✓		
Average resting heart rate	✓		
Awake time			✓
Bedtime		✓	
Body temperature	✓		
Deep sleep			✓
Efficiency		✓	
Inactive time	✓		
Light sleep		✓	
Long periods of inactivity	✓		
Low activity	✓		
Lowest resting heart rate	✓		
Medium activity	✓		
Meet daily targets	✓		
Move every hour	✓		
Previous day	✓		
Previous night		✓	
Readiness score	✓		
Recovery index	✓		
Recovery time	✓		
Rapid Eye Movement (REM) sleep		✓	
Respiratory rate	✓		

Sleep Screen cont.	General health & wellness	Sleep quality & quantity	Mental health-stress & anxiety
Resting time	✓		
Sleep balance		✓	
Sleep latency			✓
Sleep score		✓	
Sleep timing		✓	
Stay active	✓		
Steps	✓		
Total burn	✓		
Total sleep time		✓	
Total sleep		✓	
Training frequency	✓		
Training volume	✓		
Tranquillity			✓
Wake up time		✓	

- Subjects covered in Sleep screen
- Optional subjects to cover