



Gamification Code:

DUVET



Clocking up billable hours at any cost

*when sleepless nights
start working against you*





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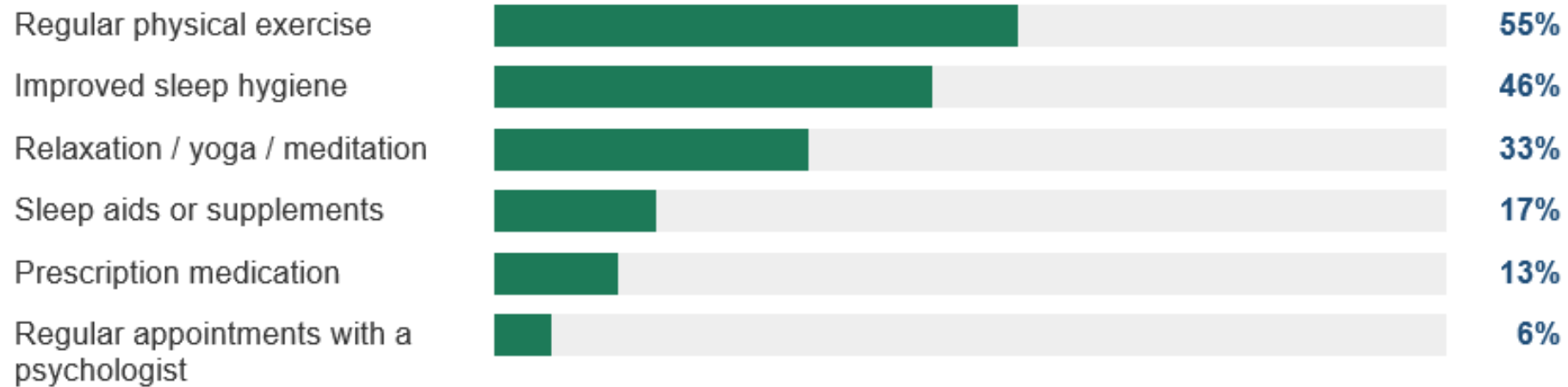
FICPI survey results

- **85%** experienced **sleep disruption in the past year**;
- **32%** experience it **3 or more nights/week**
- Women report higher disruption frequency and more daytime symptoms.
- **Main symptoms:**
 - Daytime sleepiness (60%),
 - Slower drafting / review speed (48%),
 - Difficulty focusing in meetings (43%),
 - Irritability / low frustration tolerance (38%),
 - Felt drowsy while driving (21%)
- **Causes:**
 - Work-related stress (53%) - more prevalent among women (67% vs 42% for men).
 - Stress due to personal issues (30%)
 - Late working hours (23%)
 - Jet lag, sleep apnea



FICPI survey results

- **Measures adopted to improve sleep**



- 16% reported having consulted a healthcare professional about their sleep.



Elia's experience





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Let's talk about sleep - your questions, answered



How much sleep do we actually need?

- Do we really need 7–8 hours?



When does poor sleep become a sleep disorder?

- What are the signs of a sleep disorder?
- What are the most frequent causes?



What happens when we don't sleep?

- What are the consequences of long-term, systematic sleep deprivation?



Awake at night

- “I’ve got an important meeting tomorrow and I can’t sleep”
- “I’ve woken at 2–3am. What should I actually do?”



Does my body clock matter?

- Does chronotype affect sleep quality?



Can technology actually help my sleep?

- Should I use an Oura/smartwatch/band?



What should I actually do?

- When should I seek professional help?
- What can I do myself and can this replace medication?
- If I'm tired after a poor night, should I exercise or sleep another hour?
- Less sleep without medication vs more sleep with medication?



Q&A



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