

# Financial Insomnia



**Session Date:**  
April 7<sup>th</sup>, 2025



**Start and End Time:**  
12:00 PM – 1:00 PM EST



**Location:**  
Big Marker

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**Financial worries are among the most common causes of sleep difficulties, with nearly two-thirds of individuals who report poor sleep citing concerns about their financial future.**

The link between sleep and financial wellbeing is deeply interconnected: financial stress disrupts rest, while quality sleep enhances mental clarity, decision-making, and the ability to manage money effectively. This session explores the concept of financial insomnia, shedding light on how financial concerns impact rest and wellbeing.

Participants will gain practical strategies to calm an anxious mind, create a sleep-conducive environment, and develop healthy bedtime routines. By prioritizing rest and learning stress-management techniques, attendees will be better prepared to tackle financial challenges with focus and resilience, ultimately improving both their sleep quality and their financial stability. This session offers a holistic approach to achieving peace of mind.

## Learning Outcomes:

- **Discover Why Sleep is Crucial for Health and Clarity,** Learn how quality sleep influences decision-making, mood, and overall wellbeing
- **Recognize Financial Insomnia and How to Address it,** Identify signs of financial insomnia and strategies to manage stress and restore restful sleep.
- **Establish Habits for Better Sleep Quality,** Explore practical techniques such as sleep routines and relaxation exercises to improve consistency.
- **Create a Calming Environment for Sleep,** Learn how to design a peaceful, sleep-friendly space to promote relaxation and minimise disruptions.