



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA  
MALYSIAN EMPLOYERS FEDERATION



# SLEEP DISORDER

## IMPACT ON INDUSTRIAL & COMMUTING ACCIDENTS CONFERENCE

DATES:

**21 - 22 JUNE 2023**

WEDNESDAY & THURSDAY

SETIA CITY CONVENTION CENTRE  
SHAH ALAM

REGISTRATION: LINK OR QR CODE

[HTTPS://FORMS.OFFICE.COM/R/K  
JJAA34WHA](https://forms.office.com/R/KJJAA34WHA)



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## ABOUT THE CONFERENCE

Sleep Disorder: Impact on industrial and commuting accidents national conference is organised in conjunction of World Sleep Day which was celebrated on March 17th 2023. The day was created to emphasise the importance of sleep and address common sleep-related issues that many people suffer from.

There is overwhelming evidence demonstrating that sleep disorder leads to workplace/industrial accidents. Overly sleepy employees are 70% more likely to be involved in workplace accidents than colleagues who are not sleep deprived.

Long work hours paired with poor sleep quality can also contribute to a higher risk of workplace injury. Workers with insomnia are much more likely to have work-related accidents than those who do not have sleep disorders.

Sleep deprivation leads to cognitive impairment. It degrades cognitive processing affecting everything from memory to reflexes. With less sleep, your reaction time slows. This means you make decisions less quickly and accurately.



**"The shorter you sleep,  
the shorter your life."**

Matthew Walker

Director, Center for Human Sleep Science at UC Berkeley

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## OBJECTIVES OF THE CONFERENCE

In humans, sleep appears to be critical to both physical and mental development. In adults, a lack of sleep has been associated with a wide range of negative health consequences including cardiovascular problems, a weakened immune system, higher risk of obesity, type II diabetes, impaired thinking and memory, mental health problems like depression and anxiety.

Sleep Disorder: Impact on industrial and commuting accidents national conference is organised to promote right quantity, quality and consistent sleep. By understanding the power of sleep, delegates will be able to reduce sleep deprivation and fatigue at workplace.

This will help organisation to reduce industrial accidents, commuting accidents, reduce medical claims by employees, reduce presentism and absenteeism, reduce the chances of employees contracting Covid-19 or any other viruses. Employees will be able to be more productive.



★ *"Most diseases and comorbidities can be treated through natural process as what humans do, SLEEP.*

*The key to improving your health is understanding how your body REST, RECUPERATE & REGENERATE"*

*Associate Professor Dr. Louis Adaikalam  
President, Malaysia Sleep Apnea Association*

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## OUR FEATURED SPEAKERS



MR. HARJIT SINGH  
ROAD TRANSPORT SAFETY CONSULTANT



MR. MAHENDRA RASADURAI  
CERTIFIED EXERCISE THERAPIST  
CONSULTANT TRAINER  
MINISTRY OF YOUTH & SPORT MALAYSIA



YBRS ASSOCIATE PROFESSOR DR. LOUIS ADAIKALAM  
CEO, ALPHA INTERNATIONAL TRAINING AND CONSULTANCY  
PRESIDENT, PERSATUAN SLEEP APNEA MALAYSIA  
FOUNDER OF SLEEP RECOVERY TOURISM



YBHG. DATUK DR MURUGESU RAJU  
MEDICAL OFFICER  
HEAD OF PARLIAMENT CLINIC  
HEALTH ADVISOR PARLIAMENT MALAYSIA



MR. KEVIN WONG  
PROFESSIONAL CERTIFIED COACH  
CERTIFIED NLP TRAINER  
CERTIFIED NLP HYPNOTHERAPIST  
CERTIFIED TIME-LINE THERAPIST



DR. SIVANESWARAN RAMASAMY  
OCCUPATIONAL SAFETY & HEALTH PRACTITIONER

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# ITINERARY

## DAY 1, 21ST JUNE 2023 (WEDNESDAY)

8.00AM	REGISTRATION OF CONFERENCE DELEGATES & NETWORKING
8.45AM	OPENING CEREMONY NEGARAKU DOA RECITATION
9.00AM	OPENING SPEECH
9.15AM	TOPIC 1: POWER OF SLEEP <ul style="list-style-type: none"><li>SLEEP AND SLEEP LOSS</li><li>MECHANISMS BEHIND SLEEP LOSS EFFECTS</li><li>ACUTE TOTAL SLEEP DEPRIVATION</li></ul> SPEAKER 1 YBRS ASSOCIATE PROFESSOR DR. LOUIS ADAIKALAM CEO, ALPHA INTERNATIONAL TRAINING AND CONSULTANCY SDN BHD PRESIDENT, PERSATUAN SLEEP APNEA MALAYSIA FOUNDER OF SLEEP RECOVERY TOURISM
10.15AM	COFFEE BREAK
10.30AM	TOPIC 2: EFFECT OF SLEEP ON COGNITIVE FUNCTION <ul style="list-style-type: none"><li>LONG TERM MEMORY</li><li>ABILITY TO LEARN, THINK, REASONING, REMEMBER, PAY ATTENTION, PROBLEM SOLVING, DECISION MAKING, CREATIVITY AND JUDGEMENT</li><li>SELF-EVALUATION OF COGNITIVE PERFORMANCE</li></ul> SPEAKER 2 MR. MAHENDRA RASADURAI CERTIFIED EXERCISE THERAPIST CONSULTANT TRAINER MINISTRY OF YOUTH & SPORT MALAYSIA
12.00PM	PRESENTATION BY DEPARTMENT OF SAFETY AND HEALTH MALAYSIA (DOSM) REPRESENTATIVE
1.00PM	NETWORKING LUNCH

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## DAY 1, 21ST JUNE 2023 (WEDNESDAY)

2.00PM

TOPIC 3: EXCESSIVE SLEEPINESS AND WORKPLACE ACCIDENTS

- WORKPLACE SLEEPINESS & FATIGUE
- SLEEP HYGIENE EDUCATION INTERVENTION
- 5 MAJOR DISASTERS
- SYMPTOMS OF MICROSLEEP
- SIGNS OF SUFFERING FROM FATIGUE

SPEAKER 3

DR. SIVANESWARAN RAMASAMY

OCCUPATIONAL SAFETY & HEALTH  
PRACTITIONER

3.30PM

TEA BREAK

3.45PM

TOPIC 4: EXCESSIVE SLEEPINESS AND WORKPLACE ACCIDENTS

- WAYS TO OVERCOME FATIGUE
- COMMUTING ACCIDENTS
- PREPARATION BEFORE DRIVING
- FOOD AND DRINKS TO STAY FIT AND ENERGETIC

SPEAKER 3

DR. SIVANESWARAN RAMASAMY

OCCUPATIONAL SAFETY & HEALTH  
PRACTITIONER

5.00PM

END OF CONFERENCE DAY 1

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## DAY 2, 22ND JUNE 2023 (THURSDAY)

8.00AM	ARRIVAL OF CONFERENCE DELEGATES & NETWORKING
9.00AM	<p>TOPIC 5: IMPAIRMENT OF DRIVING PERFORMANCE CAUSED BY SLEEP DEPRIVATION</p> <ul style="list-style-type: none"><li>• INCREASES IN NEGATIVE MOODS (ANGER, FRUSTRATION, IRRITABILITY, SADNESS)</li><li>• SLEEP DRIVING VS DRUNK DRIVING</li><li>• ERGONOMICS &amp; FATIGUE</li><li>• BEHAVIOUR BASED SAFE DRIVING</li></ul> <p>SPEAKER 4 MR. HARJIT SINGH TRAINER FOR BEHAVIOUR BASED SAFE DRIVING ROAD TRANSPORT SAFETY CONSULTANT</p>
10.15AM	COFFEE BREAK
10.30AM	<p>TOPIC 6: MINDFULNESS ON SLEEP (PRACTICAL SESSION)</p> <ul style="list-style-type: none"><li>• WINDING DOWN</li><li>• CALMING WORRY</li><li>• MINDFULL MOVEMENT</li></ul> <p>SPEAKER 5 MR. KEVIN WONG PROFESSIONAL CERTIFIED COACH CERTIFIED NLP TRAINER CERTIFIED NLP HYPNOTHERAPIST CERTIFIED TIME-LINE THERAPIST</p>
1.00PM	NETWORKING LUNCH

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## DAY 2, 22ND JUNE 2023 (THURSDAY)

2.00PM

TOPIC 7: NATURAL THERAPY (PRACTICAL SESSION)

- EXERCISES FOR SLEEP APNEA
- EXERCISES FOR INSOMNIACS
- BREATHING EXERCISE FOR SLEEP DISORDER

SPEAKER 6

MR. KEVIN WONG

PROFESSIONAL CERTIFIED COACH  
CERTIFIED NLP TRAINER  
CERTIFIED NLP HYPNOTHERAPIST  
CERTIFIED TIME-LINE THERAPIST

3.30PM

TEA BREAK

3.45PM

TOPIC 8: SLEEP - EFFECT ON PHYSICAL & MENTAL HEALTH

- IMPACT ON PHYSICAL HEALTH (DIABETES, OBESITY, HEART PROBLEMS, ETC)
- IMPACT OF MENTAL HEALTH PROBLEMS
- CONTRIBUTING FACTORS TO MENTAL HEALTH PROBLEMS

SPEAKER 7

MR. MAHENDRA RASADURAI

CERTIFIED EXERCISE THERAPIST  
CONSULTANT TRAINER  
MINISTRY OF YOUTH & SPORT MALAYSIA

5.00PM

END OF CONFERENCE DAY 2



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# HOW TO REGISTER



## HRD CORP CLAIMABLE COURSE

MEF MEMBERS: RM2000 / PAX  
NON MEMBER: RM2600 / PAX

All prices are inclusive 6% SST and 4% admin charge by HRDCORP

### ALL PACKAGES INCLUDE:

Welcome pack  
Coffee and tea breaks  
Networking lunch

**For further information, kindly contact:**



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MALAYSIAN EMPLOYERS FEDERATION

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