



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

How Brain Health Shapes Leadership, Decision-Making, and Team Wellness

Instructor: Dr. Bernard Franklin

Module 2 — Sleep & Recovery

Learning Objectives

Participants will:

- Understand why sleep restores the brain
- Learn why memory depends on sleep
- Build healthier sleep routines

Key Concepts

- Sleep removes brain waste.
- Sleep restores memories.
- Rest improves judgement
- Your brain cannot lead while exhausted.

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Leadership Action Guide

Current average hours of sleep per night? _____

Biggest sleep obstacle: _____

Three habits I'll change:

- ☐ No screens
- ☐ Cooler room
- ☐ Earlier bedtime
- ☐ Thought journal
- ☐ Less caffeine

Leadership Reflection

How does fatigue affect my leadership?

What one change can I make this week to improve my sleep and become a more effective leader? _____
