

BIOGRAPHY: Dr Nick Mabbott

Dr Nick Mabbott is a Fatigue Management Specialist and Director of Beyond Midnight Consulting. He has over 19 years experience in both fatigue and sleep management and has provided fatigue management training and education to thousands of personnel from office workers to construction, transport and resource sectors. His PhD dissertation was in the development, testing and validation of a fatigue monitoring device for heavy vehicles.

His academic research work, coupled with workplace experience has clearly shown that employee fatigue is derived mainly from either poor quality or quantity of sleep. For this reason, he pays particular attention to assisting individuals with sleep disorders or an inability to adjust to some of the work schedules of recent years. In the last five years he has implemented his theory on sleep timing and many employees are now benefitting from increased sleep, which can benefit safety, health and productivity.

Nick is a jovial person who connects well with individuals, allowing easy engagement with people in the training room. He is empathic and ensures that people's issues are heard, whilst keeping a strong framework of learning progressing for the class. His extensive knowledge in all areas of fatigue management makes him well revered by those who attend his training sessions.

Testimonials

I have used many things from your presentation and the workbook to gain the most out of sleep. I have endeavoured to get my health back on track and I have lost 25kilos since 1/05/2013 but much more to go!!!! Phil Lynaugh QPOL

Your information and training session was invaluable, and - after talking to a truck driving friend about it - I believe your talk should be given to learner car and truck drivers as part of their application for a full license. Thank you for your invaluable insight and advice. Cameron Mitchell WAPOL

After listening to you and reading your literature I now have a better understanding of sleep patterns/regimes which has helped me tremendously. 'The Mabbott Method' is amazing! Wendy Wych – Offshore Oil & Gas

Best training in 25 years of construction. IES employee