

PD01: How To Become a More Productive Programmer Using LLMs (Lots of Limb Movements)

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PHUSE EU Connect

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Disclaimer

- This isn't a presentation about AI.
- Please consult a medical professional before making changes to your exercise routine or diet.

1.

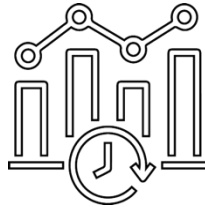
Introduction

Introduction

Productivity is one of the general measures of success in many industries.

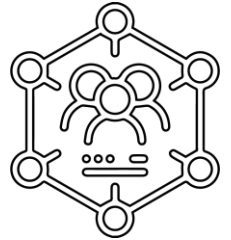
01

Can we produce more
SDTM, ADaM and TLF
programs this week?



02

Can we reduce the
number of programmers
we need for this task?



03

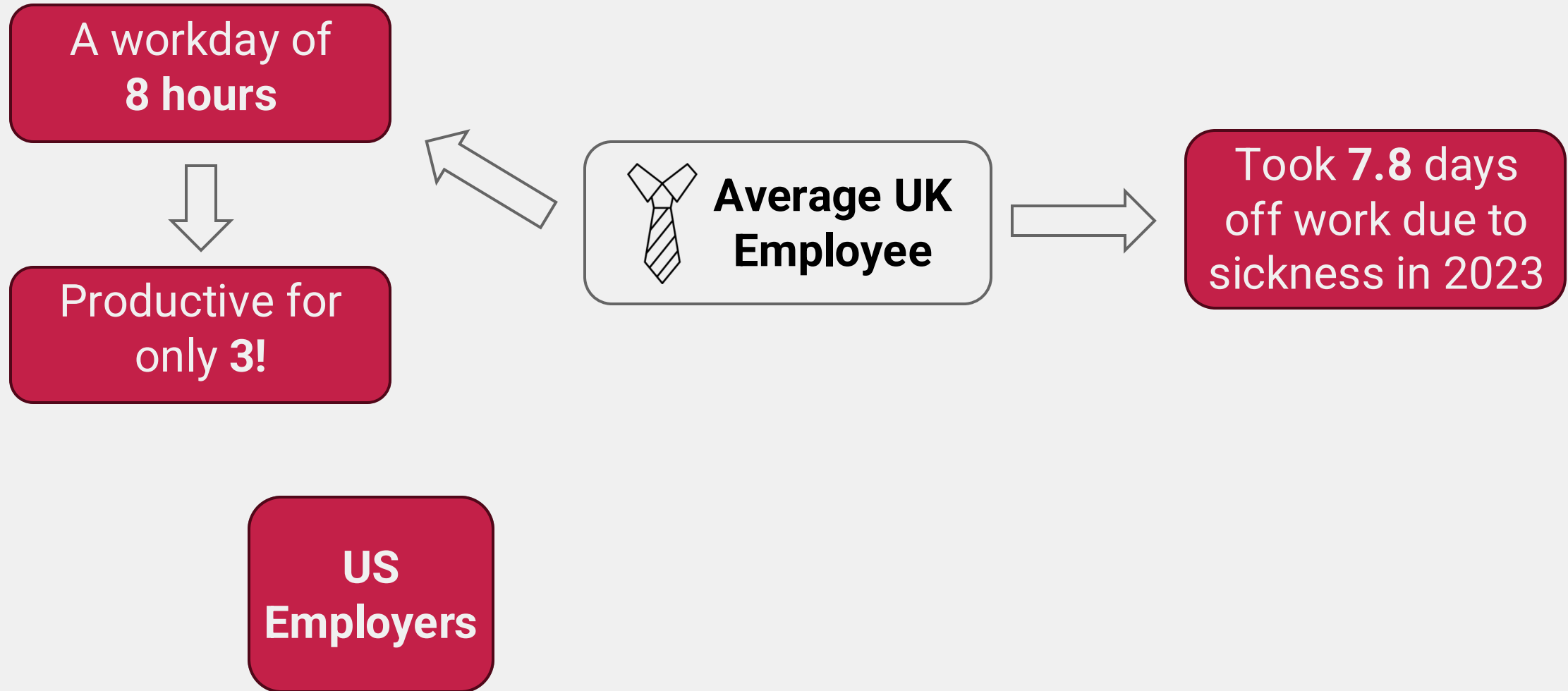
Some of our programmers
are sick this week, what do
we do?!



Current approach: new processes, workflows, programming languages, etc.

Is there another option?

The Current State of Productivity

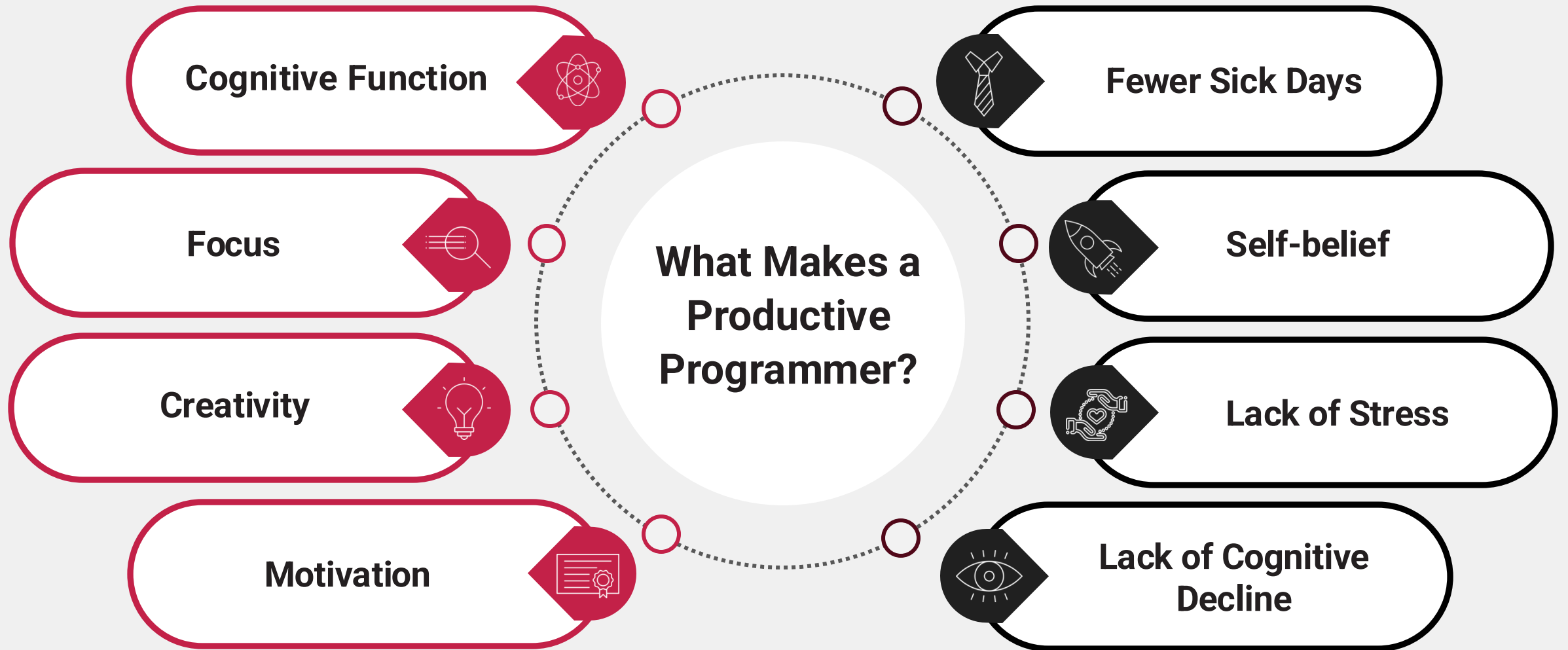


The Current State of Productivity



The Current State of Productivity

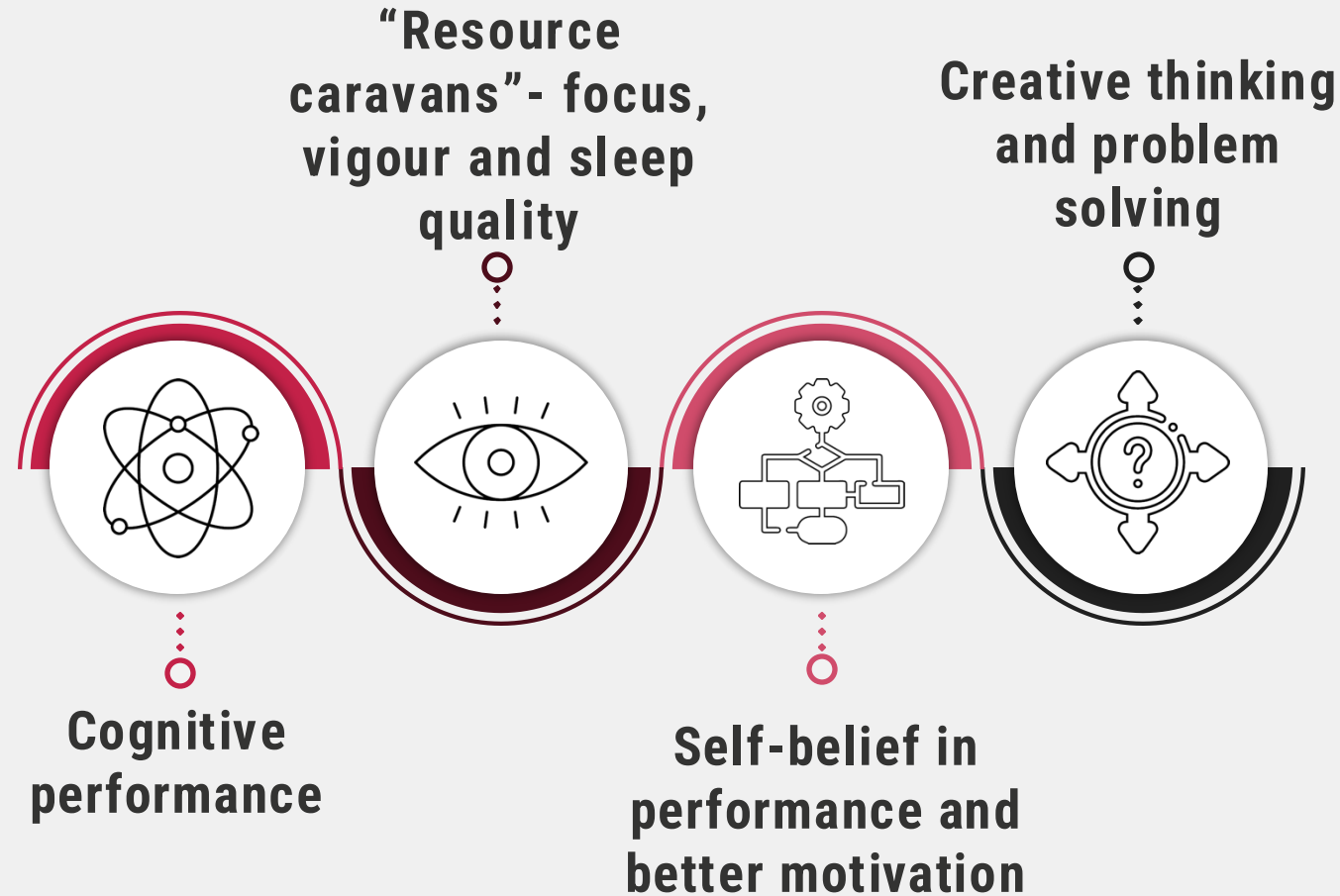




2.

Sleep and Exercise

How is Exercise Linked to Productivity?



25% of UK adults exercise for less than 30 minutes per week

What About Sleep?

The obvious - A lack of sleep leads to feelings of drowsiness and irritability.



Cognitive performance

- Memory
- Focus
- Problem solving



“Microsleeps”

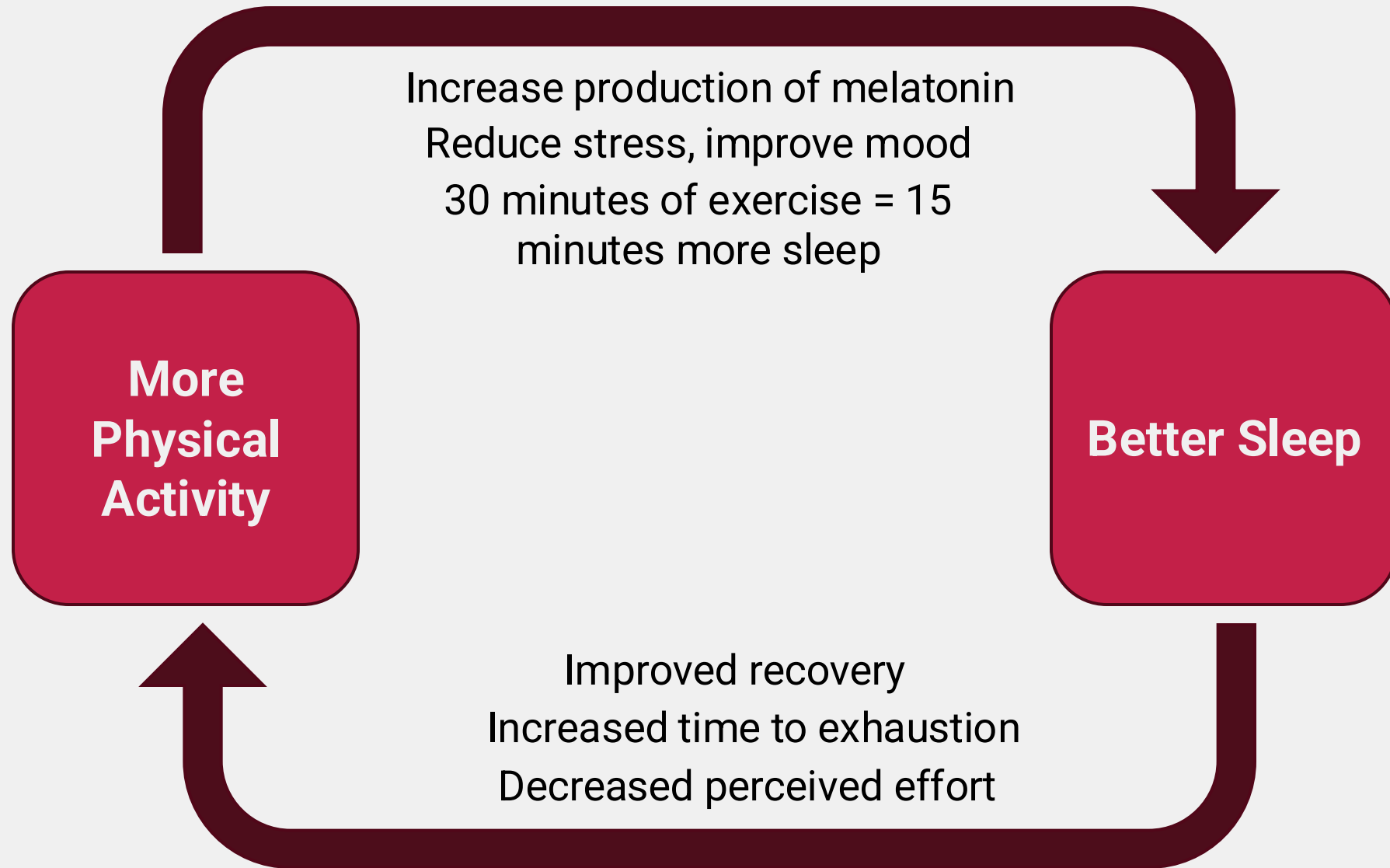
- Episodes alternating between being awake and asleep

Adults in the UK

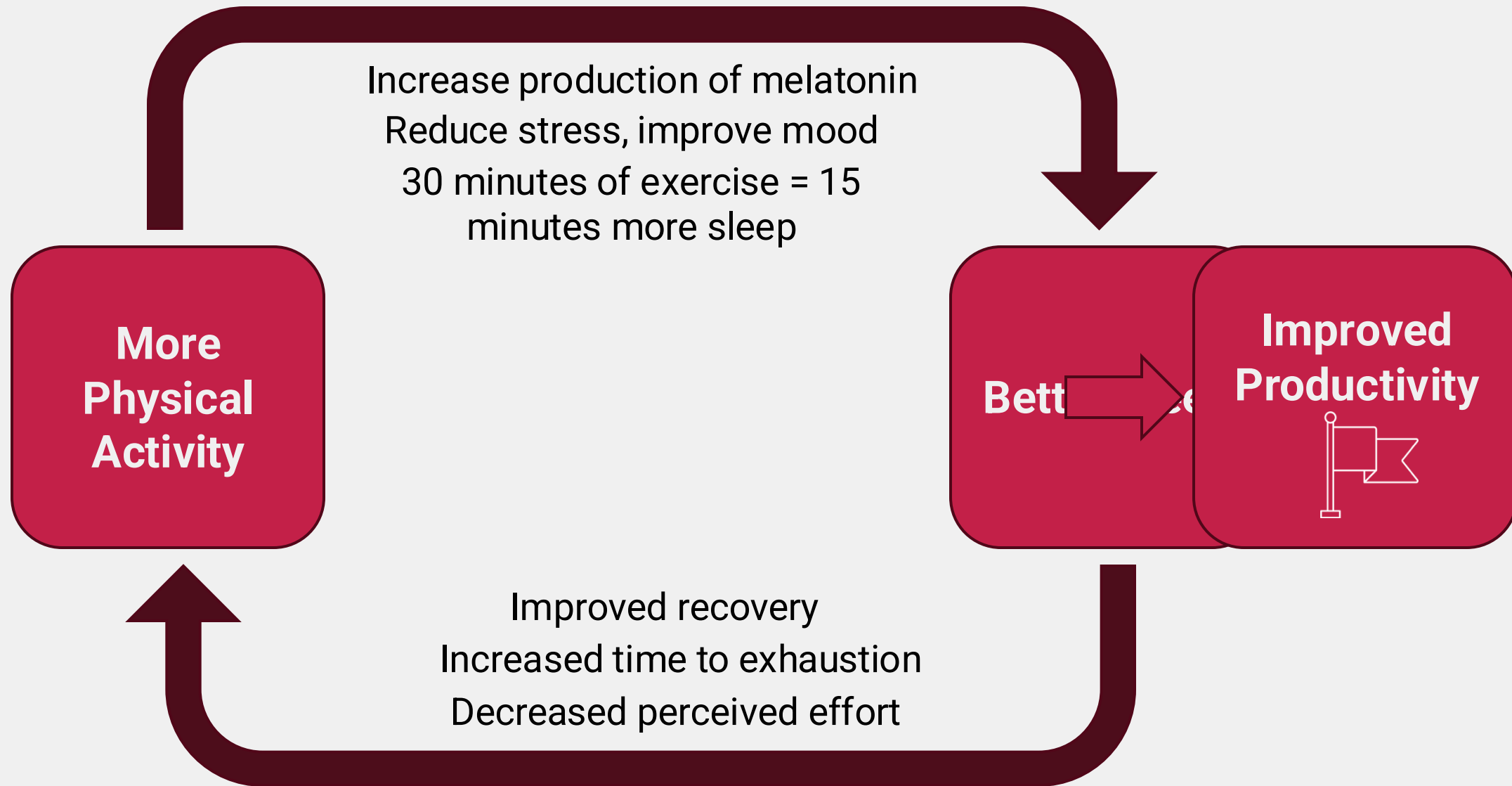
< 6 hours

75% sleep < 8 hours

The Reciprocal Relationship



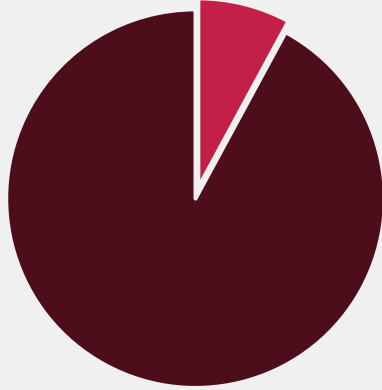
The Reciprocal Relationship



3.

Mental and Physical Health

Mental Health



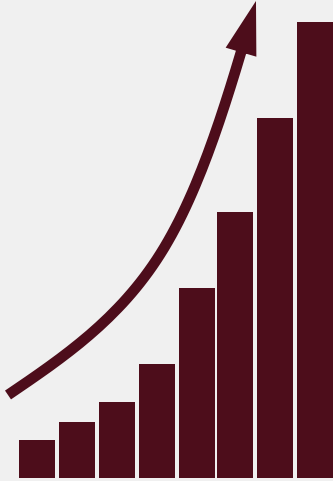
Poor mental health accounted for **7.9%** of absences in the UK (2022)

14 million workdays

x4

16-34 workers - more likely to report work-limiting mental health conditions compared to a decade ago.

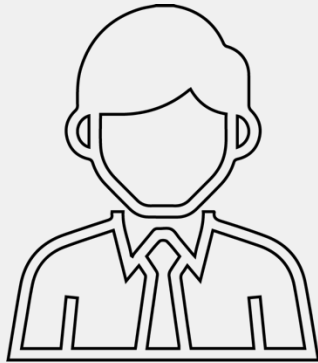
General Physical Wellbeing



BMI is correlated with frequency of sickness-related absences

“normal” range: **6 days** per year

“obese” range: **9.5 days** per year



Increases risk of:

- **Type 2 diabetes**
- **Heart disease**
- **Strokes**

Improving Mental Health

40%

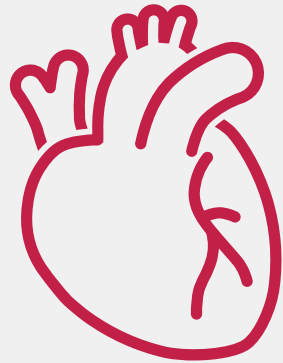
We average **3.4 days** of poor mental health per month

Those who exercise regularly experience **40% less**

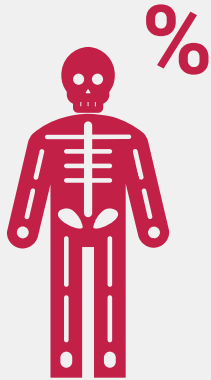
75%

of individuals who suffer from depression **also suffer from insomnia**

Improving Physical Health

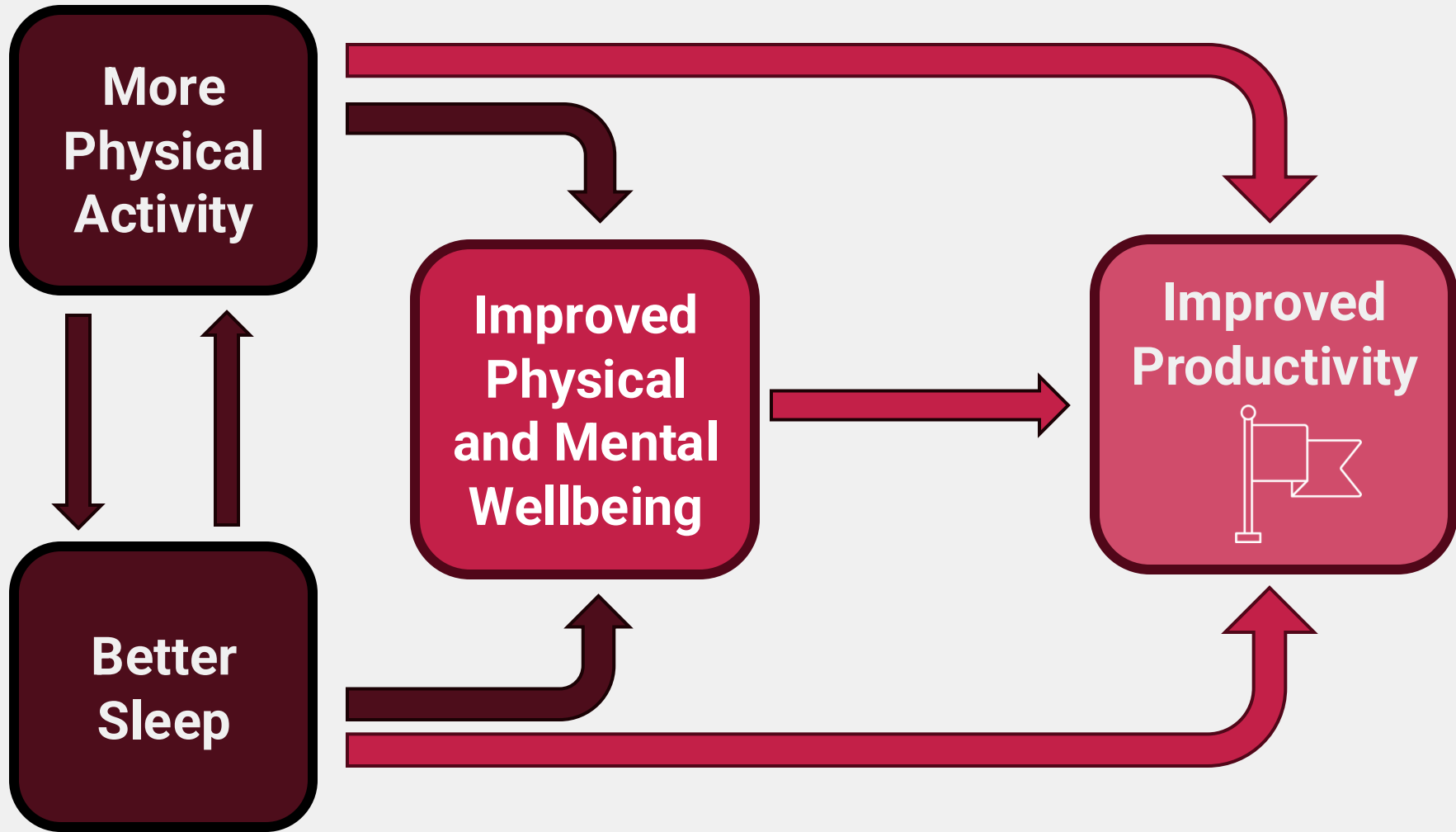


**Reduced risk of conditions
such as type 2 diabetes,
heart disease, stroke**



**Regular exercise can help to
lower body fat percentage**

All Roads Lead to Productivity

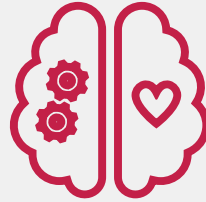


A Note on Diet

No consensus!



Higher intake of fruits and vegetables



Slower cognitive decline, **improved** cognitive function

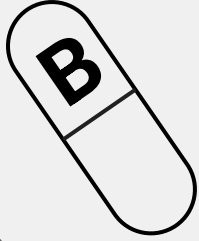


Cholesterol levels **increase risk of health conditions**

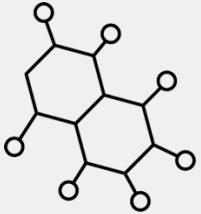


Caffeine and alcohol are “**sleep disruptors**”

A Note on Diet Cont.



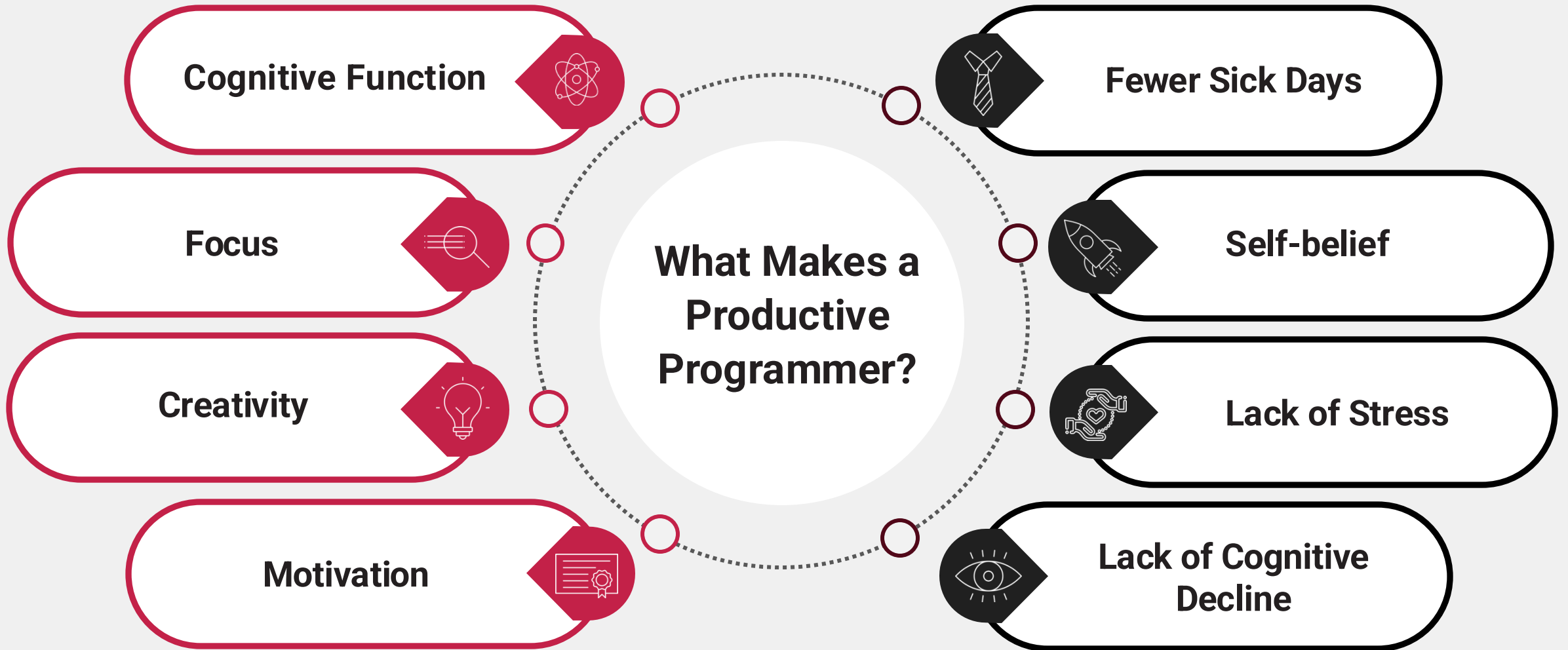
B vitamins **aid brain function** – much of the population is deficient!

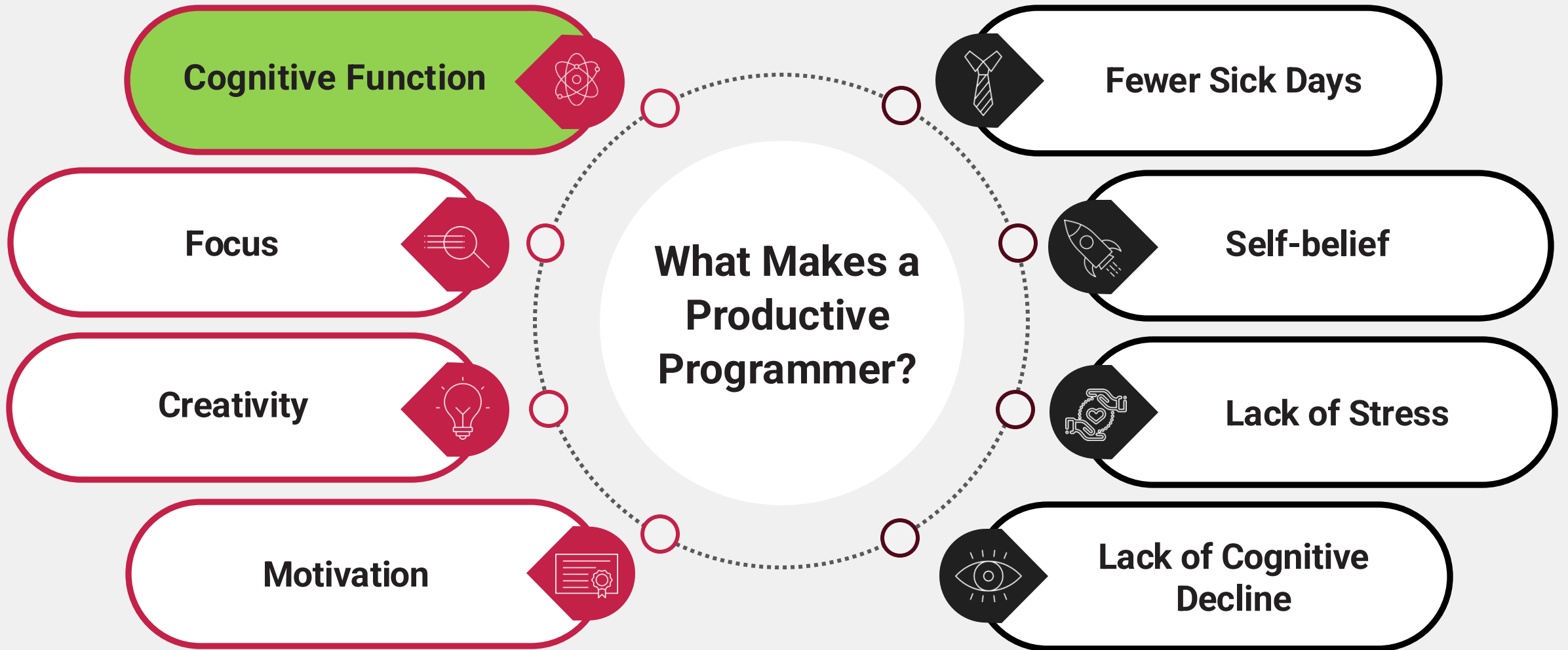


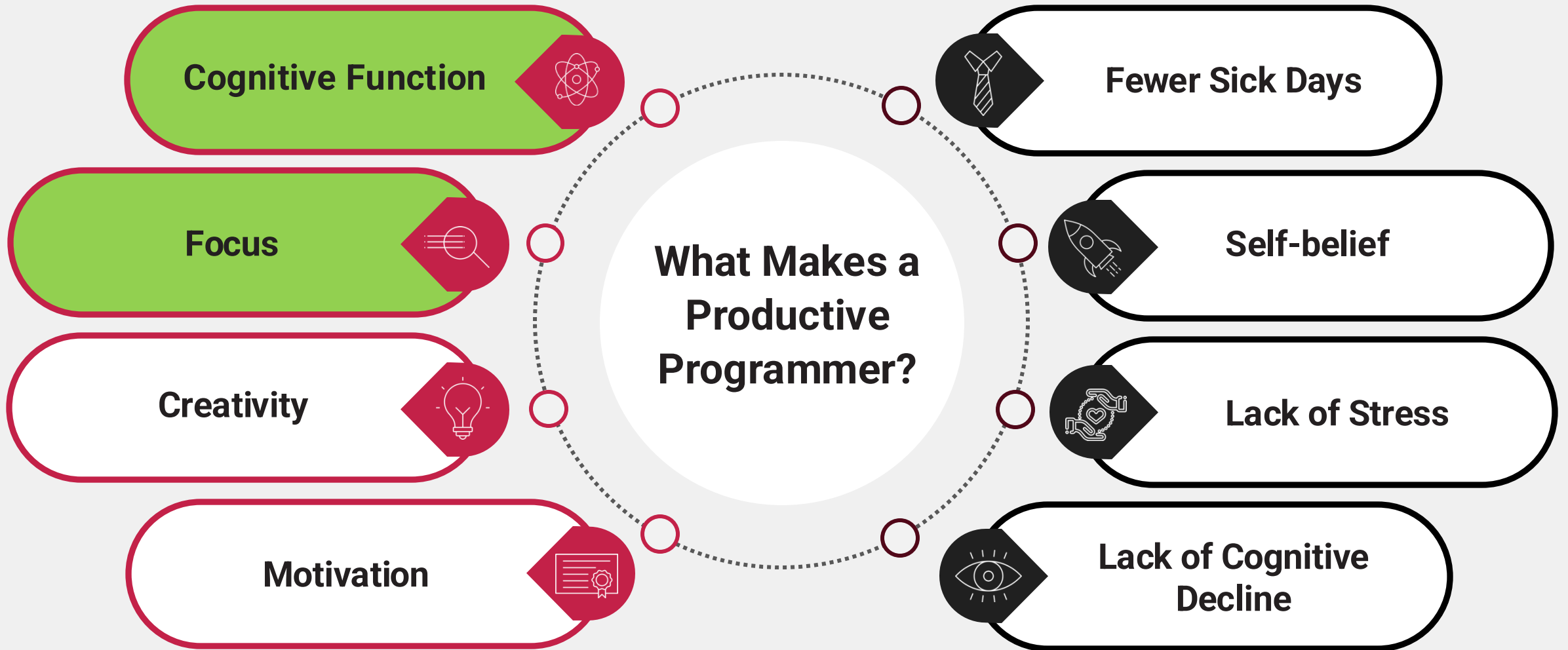
Creatine can improve **memory and intelligence**

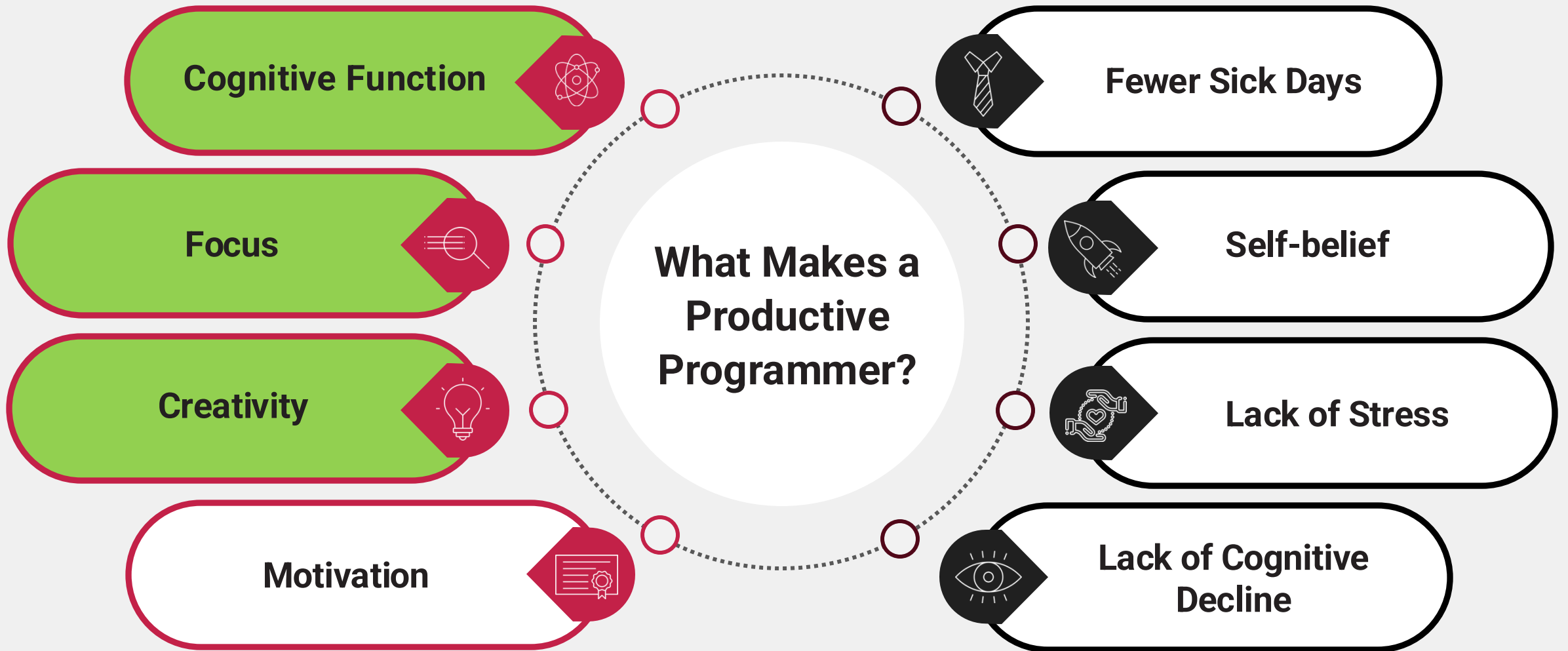
4.

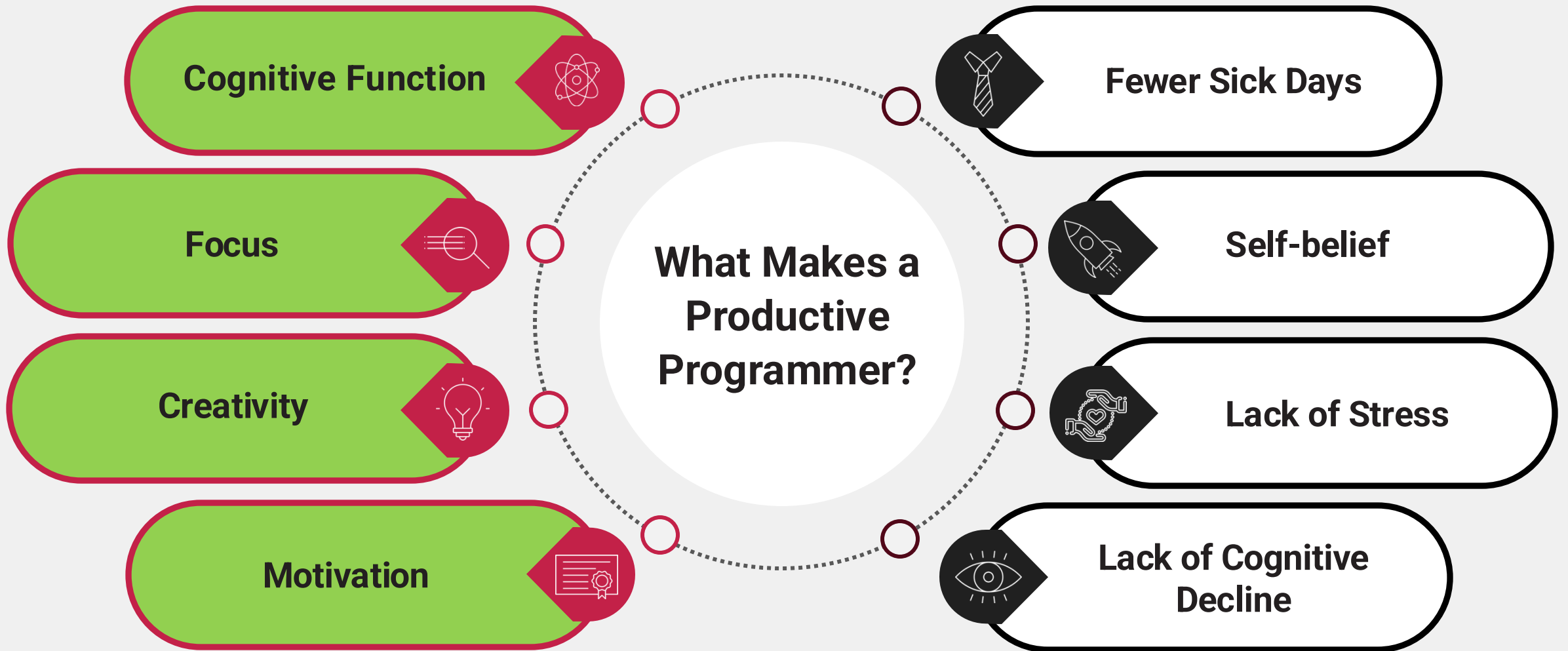
Where Are We?

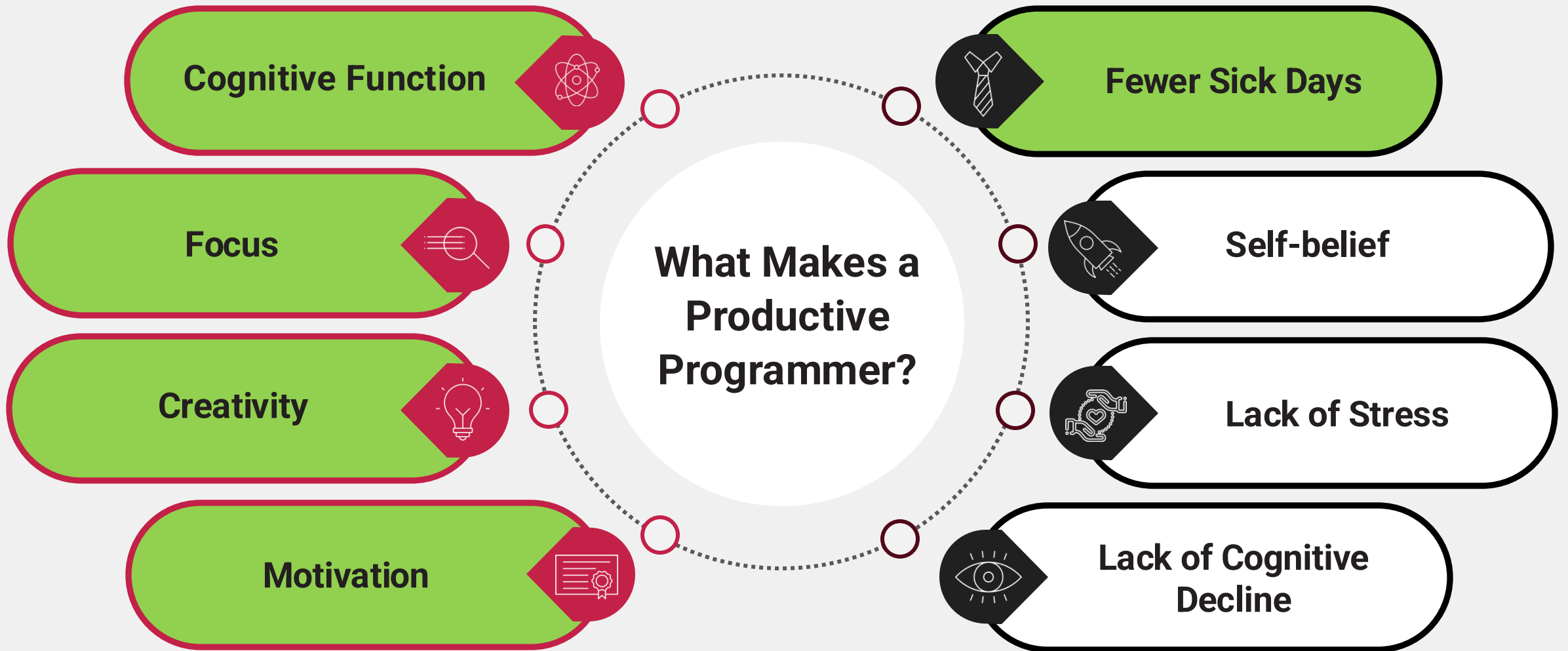


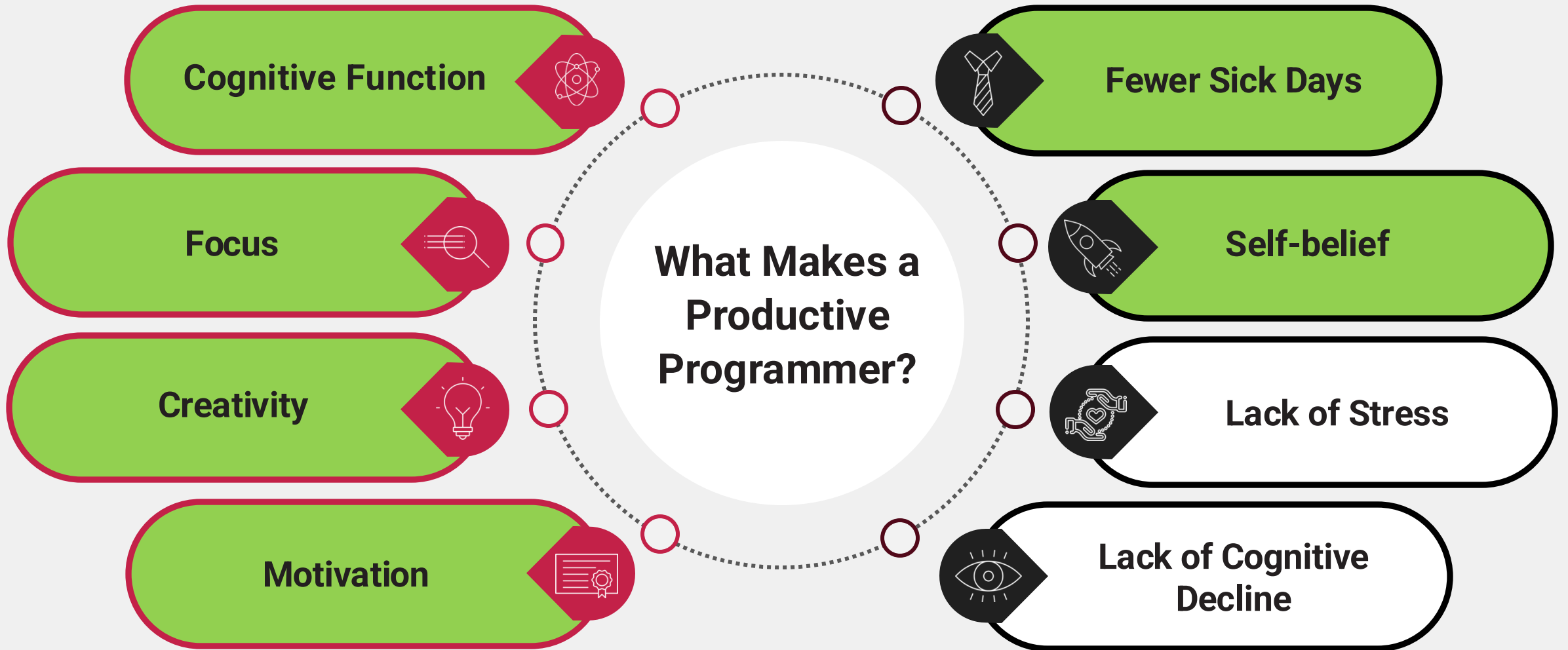


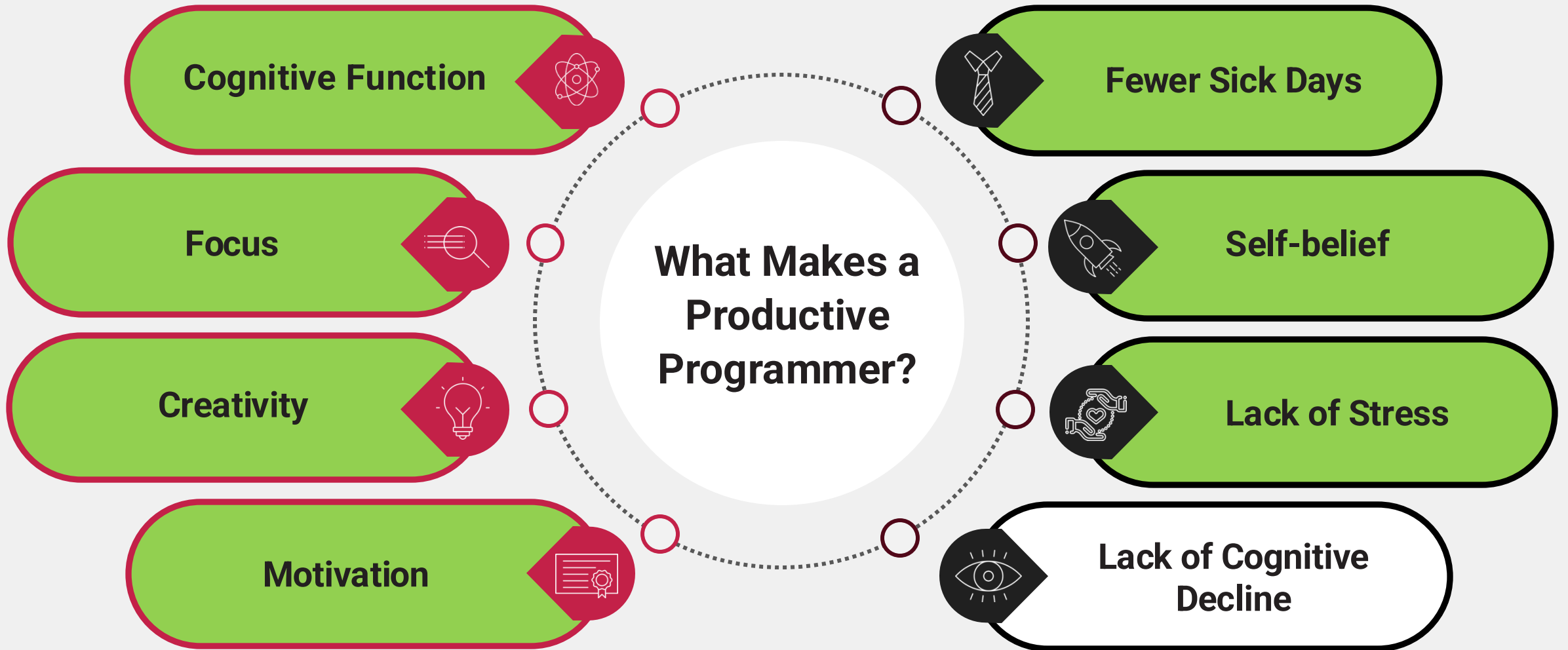


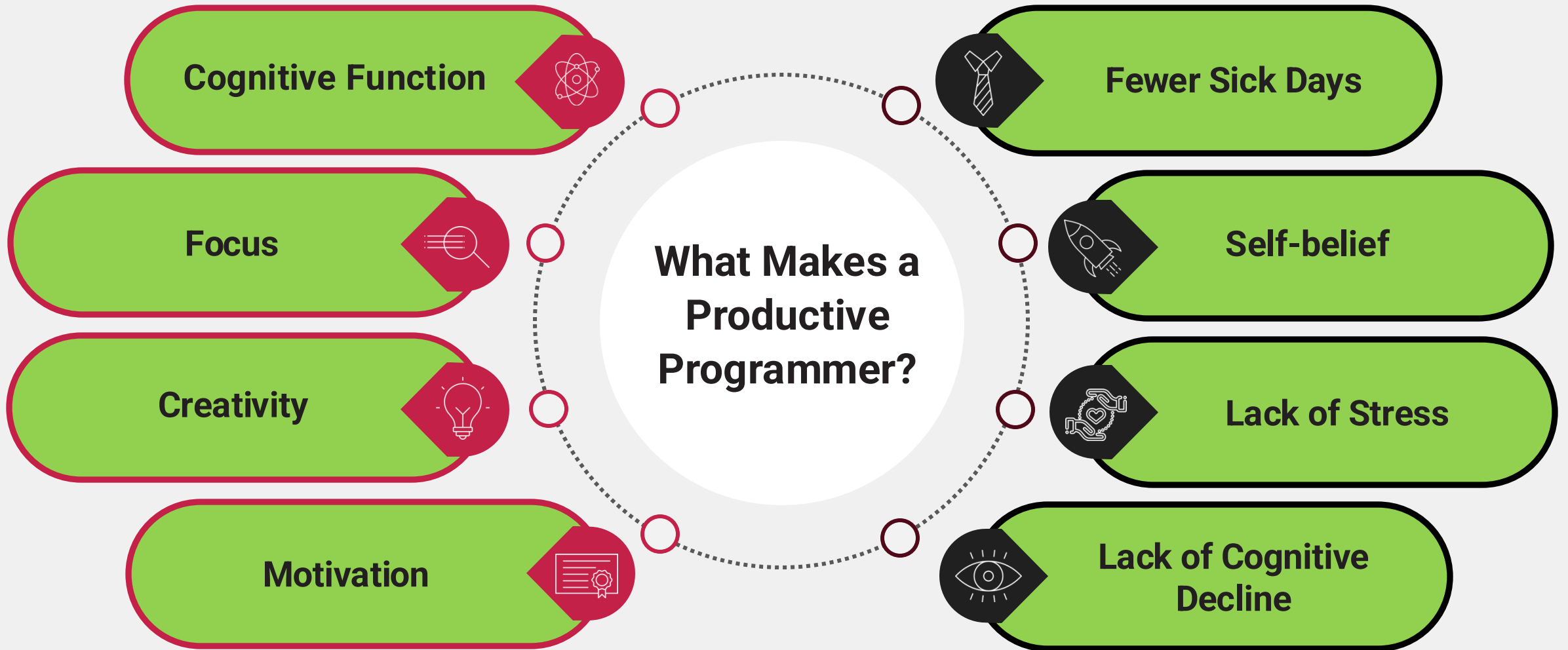












5.

Actions

How Can We Become More Active?

Finding The Right Activity

It should be fun
and easily
accessible

Exercising With Others

The key to improved
motivation and
discipline

Balancing Intensity

Easing in, finding
the right difficulty

Introducing Movement

Making activity a
larger part of our day

How Can We Become More Active?

Introducing Movement

Making activity a
larger part of our day

- Walking or standing during meetings
- Walking or cycling for short journeys
- Making walking a bigger part of our journey
- Taking the stairs more often

Exercising With Others



How Can We Sleep Better?

Taking Sleep-Encouraging Actions

- Having a warm shower or bath
- Reading before bed
- Avoiding screens in the evening
- Blocking blue light using filters or glasses
- Creating better conditions for sleep:
 - Black-out blinds or eye-masks
 - Air conditioning, fans or opening windows
 - Ear plugs or white noise

Avoid Sleep-Disruptors

- Eating meals earlier in the evening
- Avoiding caffeine up to 6 hours before sleep
- Avoiding alcohol of any amount
- Exercising earlier in the day

How Can Organisations Promote Exercise?



Provide Facilities

- ☐ On-site gyms
- ☐ Partnering with local gyms for discounted memberships
- ☐ Providing standing desks
- ☐ Providing treadmills/walking pads



Remove Barriers

- ☐ Providing showering and changing facilities
- ☐ Providing bicycle parking
- ☐ Relaxing dress codes
- ☐ Allowing flexible working hours

How Can Organisations Promote Exercise? Cont.



**Creating
movement
challenges**



**Internal
exercise groups**

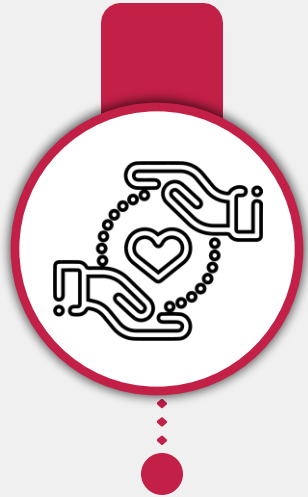


**Creating
wellbeing
teams**



**Consulting with
professionals**

How Can Organisations Help With Sleep?



**Providing
support for
employees
experiencing
stress**



**Training line
managers to
support direct
reports**



**Mental Health
First Aiders**



**Flexible
Working Hours**



**Discouraging
late-night
working hours**

Conclusion

01

Improving sleep and exercising more can improve productivity

02

Sleep and exercise are linked; improving one can help with improving the other

03

Physical and mental wellbeing are linked to sleep, exercise and productivity

04

Making changes to our diet may also prove beneficial

05

Individuals and organisations can make choices that can improve productivity

Thank You

Any questions?

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