

# HRSINGAPORE

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## The Lack of Good Sleep

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A poll has found that 48% of Americans report insomnia occasionally while 22% experience it almost every night. It is no surprise that the lack of good sleep can have a very serious impact on your quality of life and productivity at work...[more](#)

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## HR Outsourcing

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Take our HR Consultant into your HR department for a day or more, and let him or her do your "fire fighting" and put in place HR processes and procedures to empower your HR personnel tackle issues that crop up time and time again...[more](#)

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