

Advanced Sleep Management Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



Summary Certification Overview

1	The significance of sleep	11	Exercising until exhaustion
2	How much sleep?	12	The alcohol-caffeine cycle
3	Finding your natural rhythm	13	Sleepy food choices
4	Social jetlag: A modern-day epidemic?	14	Snoozing to a healthy weight
5	When sleep is disordered	15	Nutritional toolkit
6	Your sleep environment	16	Shifting sleep for shift workers
7	Lights and sounds	17	A dream finish
8	Can your body handle the heat?	18	Your client's personalised program
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10	Too stressed to sleep?		

BONUS MODULE

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1	A world sleep deprived
2	Skills Lab™: What's your goal?
3	Skills Lab™: Do you wake up feeling refreshed?
4	Why do we sleep?
5	Your brain on sleep
6	Skills Lab™: How much sleep do you actually get?
7	How much sleep do you really need?
8	Skills Lab™: Do you stay asleep all night?
9	Skills Lab™: Do you nod off?
10	Are you sleeping in circles?

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Unit	Content
11	Are we causing ourselves to be jetlagged
12	Skills Lab™: Is your social life affecting your sleep?
13	Is sleep deprivation making us sick?
14	Common sleep disorders
15	Skills Lab™: What's keeping you awake?
16	How naps and your bladder impact sleep
17	Can a partner or pet be the cause of restless nights?
18	Are you keeping yourself in the dark?
19	Skills Lab™: Are lights keeping you awake?
20	Bumps in the night

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23	Skills Lab™: Finding the perfect temperature
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26	Are your thoughts keeping you awake?
27	Skills Lab™: Building a bedtime routine
28	How physical activity impacts sleep
29	Skills Lab™: Physical activity workbook
30	Does drinking alcohol send you to sleep?

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Unit	Content
31	Skills Lab™: Are your eating habits affecting your sleep?
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33	Do food choices change when you're tired?
34	The overweight state and sleep
35	Calculating your client's BMI
36	The importance of water
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39	Skills Lab™: Designing your client's personalised sleep nutrition plan
40	How to combat tiredness during shift work

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Unit	Content
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42	Skills Lab™: Your dream diary
43	Skills Lab™: Tracking your client's progress through their program
44	Dos, don'ts, and must dos
45	Professional, legal, insurance, and tax considerations

0. Advisory fundamentals

Unit	Here's what you'll learn	Extra support material
<p>0.1 A world sleep deprived</p> <p>0.2 Skills Lab™: What's your goal?</p>	<ul style="list-style-type: none">▪ A journey of scientific discovery▪ Learning advanced science▪ “Just 5 more minutes!”▪ Quantity vs quality▪ Scope of this training▪ Examining every angle▪ Sleep Management Advisor Role▪ The aim of this certification▪ What else will you learn?▪ From knowledge to practise▪ More about your course materials▪ Your Sleep Management Success Map™▪ Setting up your practice	<ul style="list-style-type: none">▪ My Course Objectives Worksheet▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)

1. The significance of sleep

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Do you wake up feeling refreshed?</p> <p>1.2 Why do we sleep?</p> <p>1.3 Your brain on sleep</p>	<ul style="list-style-type: none">▪ Getting a sleep baseline▪ Understanding sleep▪ Sleep Quality Assessment™▪ Let's see a real client example!▪ Sleep Quality Assessment™ example▪ Reviewing your client's score▪ When to seek help?▪ 4 key questions▪ What are their sleep goals?▪ Improvements over time▪ Sleep Quality Assessment Tracker▪ Practical Assignment▪ Here's what you'll learn in this unit:▪ Are you feeling sleepy?▪ Has science found the answer?	<ul style="list-style-type: none">▪ Sleep Quality Assessment™▪ Sleep Quality Scale™▪ Sleep Quality Assessment Tracker▪ Practical Assignment▪ Sleep Study Questions™▪ Test Your Knowledge Exercises

1. The significance of sleep

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Do you wake up feeling refreshed?</p> <p>1.2 Why do we sleep?</p> <p>1.3 Your brain on sleep</p>	<ul style="list-style-type: none">▪ 6 main hypotheses▪ 1. Restoration and recovery▪ 2. Energy conservation▪ 3. Memory consolidation▪ 4. Protection from predation▪ 5. Brain development▪ 6. Discharge of emotions▪ So... why do we sleep?▪ The stages of sleep▪ Do your eyes move at night?▪ Comparing NREM and REM▪ Having a brain wave?▪ The 5 main brain waves▪ Turbulence in the waves?▪ Brain wave changes when we sleep▪ Our first sleep cycle▪ 4 sleep stages during a night	

1. The significance of sleep

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Do you wake up feeling refreshed?</p> <p>1.2 Why do we sleep?</p> <p>1.3 Your brain on sleep</p>	<ul style="list-style-type: none">▪ Night-cycling?▪ Reading an ideal sleep hypnogram▪ Not an ideal sleep cycle?▪ Only in the lab?▪ More than telling time▪ Sleep monitors at home▪ At home vs at the clinic▪ Wearable watch example▪ When to go to a sleep study?▪ Sleep Study Questions™▪ Finalising the fundamentals	

2. How much sleep?

Unit	Here's what you'll learn	Extra support material
<p>2.1 Skills Lab™: How much sleep do you actually get?</p> <p>2.2 How much sleep do you really need?</p> <p>2.3 Skills Lab™: Do you stay asleep all night?</p>	<ul style="list-style-type: none"> ▪ 5 hours, or 8? ▪ Sleep Quantity Tracker™ ▪ Let's see a real client example! ▪ Sleep Monitor™ ▪ Does your client feel well rested? ▪ Your key client worksheet ▪ Tracking progress ▪ Sleep Monitor Tracker ▪ Practical Assignment ▪ Is 8 hours the perfect length? ▪ Sleep changes as we age ▪ Sleepy newborns ▪ “Sleeping like a baby” ▪ Growing up, sleeping less? ▪ 8 hours for adults? ▪ Sleep recommendations ▪ More work, less sleep? 	<ul style="list-style-type: none"> ▪ Sleep Quantity Tracker™ ▪ Sleep Monitor™ ▪ Total Sleep Time Calculator™ ▪ Sleep Monitor Tracker ▪ Sleep Quality Calculators™ ▪ Sleep Onset Latency Calculator™ ▪ Time Awake Calculator™ ▪ Practical Assignment

2. How much sleep?

Unit	Here's what you'll learn	Extra support material
<p>2.1 Skills Lab™: How much sleep do you actually get?</p> <p>2.2 How much sleep do you really need?</p> <p>2.3 Skills Lab™: Do you stay asleep all night?</p>	<ul style="list-style-type: none">▪ A special case: pregnancy▪ Trimester changes▪ Sleep deprivation during pregnancy▪ What does good sleep look like?▪ How long until you fall asleep?▪ Do you stay asleep?▪ A disturbed first sleep cycle▪ The trouble with self-perception▪ Testing self-perception▪ What else impacts sleep?▪ Measuring sleep quality▪ First things first▪ Sleep Quality Calculators™▪ How long before you go to sleep?▪ What does sleep latency mean?▪ Sleeping through the night?▪ Awake at night?	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises

2. How much sleep?

Unit	Here's what you'll learn	Extra support material
<p>2.1 Skills Lab™: How much sleep do you actually get?</p> <p>2.2 How much sleep do you really need?</p> <p>2.3 Skills Lab™: Do you stay asleep all night?</p>	<ul style="list-style-type: none">▪ Time awake means less time asleep!▪ Why do we get tired?▪ Practical Assignment	

3. Finding your natural rhythm

Unit	Here's what you'll learn	Extra support material
<p>3.1 Skills Lab™: Do you nod off?</p> <p>3.2 Are you sleeping in circles?</p>	<ul style="list-style-type: none">▪ Feeling tired during the day?▪ Daytime Sleepiness Questionnaire™▪ Let's see a real client example!▪ Daytime Sleepiness Questionnaire™ example▪ Poor sleep → tiredness▪ Could it be a sleep disorder?▪ Improvements over time▪ Daytime Sleepiness Questionnaire Tracker▪ Feel the rhythm▪ Around the day▪ Can cave dwellers tell the time?▪ Our own internal clocks▪ Influencing the SCN▪ More than meets the eye▪ Zeit... what?▪ 2 important hormones▪ Cortisol: the waker	<ul style="list-style-type: none">▪ Daytime Sleepiness Questionnaire™▪ Daytime Sleepiness Questionnaire Tracker▪ Test Your Knowledge Exercises▪ Your Key Takeaways

3. Finding your natural rhythm

Unit	Here's what you'll learn	Extra support material
<p>3.1 Skills Lab™: Do you nod off?</p> <p>3.2 Are you sleeping in circles?</p>	<ul style="list-style-type: none">▪ Increasing cortisol▪ Cortisol levels over 24 hours▪ Melatonin: the bringer of sleep▪ Sleeping babies▪ Melatonin levels over 24 hours▪ What's harming our hormones?	

4. Social jetlag: A modern-day epidemic?

Unit	Here's what you'll learn	Extra support material
<p>4.1 Are we causing ourselves to be jetlagged?</p> <p>4.2 Skills Lab™: Is your social life affecting your sleep?</p>	<ul style="list-style-type: none">▪ Balancing your clocks▪ Setting the clocks to run together▪ Jetlag... without traveling an inch!▪ Linking diet with sleep▪ Suffering from jetlag?▪ It's all about misalignment▪ How to identify social jetlag▪ Changing sleeping habits▪ It's ok... I'll sleep this weekend▪ Deprivation or restriction?▪ Reality of getting "caught up"▪ What is a chronotype?▪ Larks vs owls▪ Chronotype categories▪ Going against your chronotype?▪ Understanding social jetlag▪ Calculating social jetlag	<ul style="list-style-type: none">▪ Social Jetlag Calculator™▪ Social Jetlag Scale™▪ Chronotype Identifier▪ Test Your Knowledge Exercises▪ Your Key Takeaways

4. Social jetlag: A modern-day epidemic?

Unit	Here's what you'll learn	Extra support material
<p>4.1 Are we causing ourselves to be jetlagged?</p> <p>4.2 Skills Lab™: Is your social life affecting your sleep?</p>	<ul style="list-style-type: none">▪ Social Jetlag Workbook™▪ Importance of a chronotype▪ Too much difference?	

5. When sleep is disordered

Unit	Here's what you'll learn	Extra support material
<p>5.1 Is sleep deprivation making us sick?</p> <p>5.2 Common sleep disorders</p>	<ul style="list-style-type: none">▪ Sleep for restoration▪ The immune system remembers▪ Enhancing immunity consolidation▪ 300 roles for prolactin▪ Night-time immune building▪ Cytokines and disease▪ Changing cytokines, changing health▪ Acid reflux at night?▪ Inflamed bowel keeping you awake?▪ Sleep quality = gut quality?▪ IBD, IBS, and sleep▪ Stomach symptoms and sleep▪ A happy gut microbiome?▪ Is your heart at risk?▪ Other factors involved?▪ Is it a medical problem?▪ From dis-order to “a disorder”	<ul style="list-style-type: none">▪ Sleep Disorder Symptom Checklist™▪ Test Your Knowledge Exercises

5. When sleep is disordered

Unit	Here's what you'll learn	Extra support material
<p>5.1 Is sleep deprivation making us sick?</p> <p>5.2 Common sleep disorders</p>	<ul style="list-style-type: none">▪ Sleep disorder classification▪ 4 main sleep disorders▪ Can't sleep at night?▪ Blaming our genes?▪ Connecting conditions▪ How common is insomnia?▪ Factors influencing insomnia▪ Tired no matter what?▪ With or without cataplexy?▪ Stop breathing during sleep?▪ 2 main types of apnoea▪ Apnoea and awakenings▪ The sound of vibration▪ Connecting sleep and weight▪ Obstructive sleep apnoea symptoms▪ Walking and talking while asleep?▪ Is night work the problem?	

5. When sleep is disordered

Unit	Here's what you'll learn	Extra support material
<p>5.1 Is sleep deprivation making us sick?</p> <p>5.2 Common sleep disorders</p>	<ul style="list-style-type: none">▪ NREM Parasomnia Safety▪ Could your client have a sleep disorder?▪ Sleep Disorder Symptom Checklist™	

6. Your sleep environment

Unit	Here's what you'll learn	Extra support material
<p>6.1 Skills Lab™: What's keeping you awake?</p> <p>6.2 How naps and your bladder impact sleep</p> <p>6.3 Can a partner or pet be the cause of restless nights?</p>	<ul style="list-style-type: none">▪ Turn those lights off!▪ What's disturbing their sleep?▪ Sleep Detractors Assessment™▪ Let's see a real client example!▪ Sleep Detractors Assessment™ example▪ Reviewing your client's scores▪ Improvements over time▪ Reducing sleep detractors▪ Sleep Detractors Assessment Tracker▪ Practical Assignment▪ Building a sleep environment▪ The big 4▪ What's coming up?▪ Naps: a double-edged sword?▪ It's the time that matters▪ Slightly longer naps?▪ A tactical nap	<ul style="list-style-type: none">▪ Sleep Detractors Assessment™▪ Practical Assignment▪ Sleeping With My Pet Tracker™▪ Partner Disturbance Checklist™▪ Test Your Knowledge Exercises

6. Your sleep environment

Unit	Here's what you'll learn	Extra support material
6.1 Skills Lab™: What's keeping you awake?	<ul style="list-style-type: none">▪ Woken by your bladder?▪ Just a consequence of ageing?▪ Limiting trips to the bathroom▪ A benefit or a detriment?	
6.2 How naps and your bladder impact sleep	<ul style="list-style-type: none">▪ Is your pet a comfort or distraction?▪ Objective measures▪ Pet peeve or pet pacifier?▪ Nocturnal pets?	
6.3 Can a partner or pet be the cause of restless nights?	<ul style="list-style-type: none">▪ Adjusting to change▪ Sleeping With My Pet Tracker™▪ Changing where the pet sleeps?▪ A problematic sleep partner?▪ How common is snoring?▪ Does your partner snore?▪ A bedroom divided against itself...▪ Does your partner disturb you?▪ Partner Disturbance Checklist™	

6. Your sleep environment

Unit	Here's what you'll learn	Extra support material
<p>6.1 Skills Lab™: What's keeping you awake?</p> <p>6.2 How naps and your bladder impact sleep</p> <p>6.3 Can a partner or pet be the cause of restless nights?</p>	<ul style="list-style-type: none">▪ Better together▪ Subtracting detractors	

7. Lights and sounds

Unit	Here's what you'll learn	Extra support material
<p>7.1 Are you keeping yourself in the dark?</p>	<ul style="list-style-type: none"> ▪ Blinded by the lights? ▪ Light at night ▪ What is lux? ▪ Aberrant light exposure 	<ul style="list-style-type: none"> ▪ Light Identifier Workbook™ ▪ Night Light Source Check™
<p>7.2 Skills Lab™: Are lights keeping you awake?</p>	<ul style="list-style-type: none"> ▪ Missing light cues ▪ Not just about intensity ▪ The visible light spectrum ▪ Giving e-readers to hamsters 	<ul style="list-style-type: none"> ▪ 12 Tips for Reducing Lights ▪ Disturbing Noise Identifier™
<p>7.3 Bumps in the night</p>	<ul style="list-style-type: none"> ▪ Resetting the clock ▪ Is all light created equal? ▪ Feeling blue? 	<ul style="list-style-type: none"> ▪ Limiting Noise Check™
<p>7.4 Skills Lab™: Are sounds disrupting your sleep?</p>	<ul style="list-style-type: none"> ▪ Blue light hiding in plain white ▪ Print book or eBook? ▪ Timing and colour of light? ▪ Timing, wavelength, and intensity ▪ Using light to reset the clock ▪ Setting “night mode” 	<ul style="list-style-type: none"> ▪ My Sleep Sounds Preference™ ▪ Top 13 Sound Reducing Tips ▪ Test Your Knowledge Exercises

7. Lights and sounds

Unit	Here's what you'll learn	Extra support material
7.1 Are you keeping yourself in the dark?	<ul style="list-style-type: none">▪ No more light sleeping?▪ Too bright to sleep?▪ Light Identifier Workbook™▪ No more light sleeping?	
7.2 Skills Lab™: Are lights keeping you awake?	<ul style="list-style-type: none">▪ How loud is loud?▪ The decibel scale▪ Environmental noise▪ Transport keeping you awake?	
7.3 Bumps in the night	<ul style="list-style-type: none">▪ Sleeping in the hospital?▪ Effects of noise pollution on health▪ The sound of sleep	
7.4 Skills Lab™: Are sounds disrupting your sleep?	<ul style="list-style-type: none">▪ Sleeping in the static?▪ What sound level is ideal for sleep?▪ Which sounds?▪ Sounds: the good and the bad▪ Disturbing Noise Identifier™▪ Halfway done with detractors	

8. Can Your Body Handle the Heat?

Unit	Here's what you'll learn	Extra support material
<p>8.1 Some like it hot, some like it cold</p> <p>8.2 Skills Lab™: Finding the perfect temperature</p>	<ul style="list-style-type: none">▪ Keeping our temperature stable▪ Cold to the core▪ Small changes = big differences▪ Are your hands cold?▪ Too hot or too cold?▪ 17°C or 22°C?▪ Sleepwear material▪ Curling up in a pile of blankets▪ Regulation problems?▪ Boosting serotonin▪ Finding your client's perfect temp▪ Too firm or too soft?▪ Finding the best sleep temperature▪ One thing at a time▪ Ideal Sleep Temperature™▪ Bedding and Sleepwear Check™▪ Let's see a real client example!	<ul style="list-style-type: none">▪ Ideal Sleep Temperature™▪ Bedding and Sleepwear Check™▪ Room Temperature Tracker™▪ Top 6 Temperature Tips▪ Practical Assignment▪ Test Your Knowledge Exercises

8. Can Your Body Handle the Heat?

Unit	Here's what you'll learn	Extra support material
<p>8.1 Some like it hot, some like it cold</p> <p>8.2 Skills Lab™: Finding the perfect temperature</p>	<ul style="list-style-type: none">▪ Room Temperature Tracker™ example▪ Continuing to track▪ One part of the puzzle▪ Practical Assignment	

9. Are you feeling comfortable?

Unit	Here's what you'll learn	Extra support material
<p>9.1 Creating an ideal sleep environment</p> <p>9.2 Skills Lab™: How comfortable is your bed?</p>	<ul style="list-style-type: none">▪ The 4th detractor▪ “This bed is just right”▪ The risks of too firm or too soft▪ Is a new mattress the cure?▪ Is it time go mattress shopping?▪ Mattress firmness hacks▪ “Just pick one... it'll be fine”▪ And the winning combination is...▪ Do you like your pillow?▪ What about the sheets?▪ Keep your environment clean!▪ Do you sleep flat?▪ Back pain and sleep▪ Sleeping with lower back pain▪ Personal preference is the key▪ Comfortable in bed?▪ Time for a new mattress?	<ul style="list-style-type: none">▪ Bed Check Workbook™▪ Bed Check™▪ New Mattress/Pillow Identifier™▪ Top 5 Mattress Tips▪ Practical Assignment▪ Test Your Knowledge Exercises

9. Are you feeling comfortable?

Unit	Here's what you'll learn	Extra support material
<p>9.1 Creating an ideal sleep environment</p> <p>9.2 Skills Lab™: How comfortable is your bed?</p>	<ul style="list-style-type: none">▪ Bed Check Workbook™▪ Let's see a real client example!▪ Bed Check™ example▪ Too stressed to sleep?▪ Practical Assignment	

10. Too stressed to sleep?

Unit	Here's what you'll learn	Extra support material
<p>10.1 Are your thoughts keeping you awake?</p> <p>10.2 Skills Lab™: Building a bedtime routine</p>	<ul style="list-style-type: none">▪ Impact of negative thinking▪ The problem of overthinking▪ Racing thoughts and sleep▪ Nocturnal dipping▪ Is your client stressed?▪ Quick Stress Check™▪ Reducing stress▪ Is trauma interrupting sleep?▪ Do you have nightmares?▪ Physiological reactions to stress▪ Elevated hormones?▪ The power of consistency▪ Developing behaviours▪ Breathing Retraining Exercise▪ Encouraging routine▪ Relaxing before bed▪ Monitor first	<ul style="list-style-type: none">▪ The Bedtime Routine Workbook™ which includes the:▪ Bedtime Routine Tracker™▪ Bedtime Routine Journal™▪ Bedtime Routine Planner™▪ Practical Assignment▪ Test Your Knowledge Exercises

10. Too stressed to sleep?

Unit	Here's what you'll learn	Extra support material
<p>10.1 Are your thoughts keeping you awake?</p> <p>10.2 Skills Lab™: Building a bedtime routine</p>	<ul style="list-style-type: none">▪ Identify changes and improve sleep▪ Bedtime Routine Workbook™▪ A multifactor approach▪ The optimal sleep environment▪ Practical Assignment	

11. Exercising until exhaustion

Unit	Here's what you'll learn	Extra support material
<p>11.1 How physical activity impacts sleep</p> <p>11.2 Skills Lab™: Physical activity workbook</p>	<ul style="list-style-type: none">▪ Running for relaxation?▪ Physical activity guidelines▪ Your top 3 sleep practices▪ Sleep in America▪ Vigorous exercise▪ Exercising at night▪ Some factors change▪ Morning vs evening exercise▪ Personalised suggestions▪ Exercise and anxiety▪ What about extremes?▪ Exercise without sleep?▪ Athletes with extra sleep?▪ Time for a cat nap?▪ Changing physiology▪ A win for exercise▪ Supporting or delaying sleep?	<ul style="list-style-type: none">▪ Physical Activity Workbook™▪ My Exercise-Sleep Tracker™▪ Exercise Activities▪ Practical Assignment▪ Test Your Knowledge Exercises

11. Exercising until exhaustion

Unit	Here's what you'll learn	Extra support material
<p>11.1 How physical activity impacts sleep</p> <p>11.2 Skills Lab™: Physical activity workbook</p>	<ul style="list-style-type: none">▪ Physical Activity Workbook™▪ What time of day is optimal?▪ Practical Assignment	<ul style="list-style-type: none">▪ Swipe File: Hidden Added Sugars▪ Checklist: Water Needs Per Age▪ Food Environment Assessment™▪ Test Your Knowledge Exercises▪ Your Key Takeaways▪ Video

12. The alcohol-caffeine cycle

Unit	Here's what you'll learn	Extra support material
<p>12.1 Does drinking alcohol send you to sleep?</p> <p>12.2 When is the right time for a coffee?</p>	<ul style="list-style-type: none">▪ Alcohol and sleep▪ UK alcohol intake guidelines▪ The same worldwide?▪ Guidelines for 5 countries▪ Limiting binge drinking▪ Alcohol as a “somnogen”▪ How does alcohol change sleep?▪ Disruptive second half of sleep▪ Feeling hungover?▪ It's a two-way street▪ Elevating the hormone cortisol▪ Lower melatonin levels▪ Misalignment in adolescents▪ CLOCK gene troubles▪ A late chronotype▪ Withdrawing from alcohol▪ Reaching normal	<ul style="list-style-type: none">▪ Mini Alcohol Habits Check™▪ Caffeine Tracker™▪ Test Your Knowledge Exercises

12. The alcohol-caffeine cycle

Unit	Here's what you'll learn	Extra support material
<p>12.1 Does drinking alcohol send you to sleep?</p> <p>12.2 When is the right time for a coffee?</p>	<ul style="list-style-type: none">▪ Changing gene expression▪ The truth revealed▪ Calculating alcohol units▪ Mini Alcohol Habits Check™▪ Advising your client to seek help▪ Staying awake▪ Drinking coffee to stay awake?▪ Night time drinker?▪ Caffeine content in common products▪ Changing melatonin▪ Blocking adenosine▪ A lock with many keys▪ The genetics of coffee▪ How do you metabolise caffeine?▪ Cola too?▪ Is caffeine hiding in food?▪ The alcohol-caffeine cycle▪ Breaking the cycle	

12. The alcohol-caffeine cycle

Unit	Here's what you'll learn	Extra support material
<p>12.1 Does drinking alcohol send you to sleep?</p> <p>12.2 When is the right time for a coffee?</p>	<ul style="list-style-type: none">▪ Breaking the cycle▪ Caffeine Tracker™	

13. Sleepy food choices

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Are your eating habits affecting your sleep?</p> <p>13.2 Does night eating destroy sleep?</p> <p>13.3 Do food choices change when you're tired?</p>	<ul style="list-style-type: none"> ▪ Do you know what you eat? ▪ Craving an energy boost ▪ Tracking food intakes ▪ Completing the diary ▪ Sleepy Food Choices Journal™ ▪ Examining your client's choices ▪ Practical Assignment ▪ No food after 6pm? ▪ Chrono-nutrition ▪ Do you eat before bed? ▪ Night eating keeping you awake? ▪ What about dinnertime? ▪ Comparing counted calories ▪ High carbs at night? ▪ Introducing the glycaemic index ▪ GI categories and food examples ▪ Cyclic glucose 	<ul style="list-style-type: none"> ▪ Sleepy Food Choices Journal™ ▪ Practical Assignment ▪ Night Eating Symptom Checklist™ ▪ Test Your Knowledge Exercises

13. Sleepy food choices

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Are your eating habits affecting your sleep?</p>	<ul style="list-style-type: none">▪ Glycaemic index and sleep▪ Foods increasing melatonin?▪ Making a sleepy hormone▪ Getting to the brain▪ A high-GI dinner?	
<p>13.2 Does night eating destroy sleep?</p>	<ul style="list-style-type: none">▪ Boosting tryptophan?▪ Which clients will eat late?▪ What is night eating syndrome?▪ Night Eating Symptom Checklist™	
<p>13.3 Do food choices change when you're tired?</p>	<ul style="list-style-type: none">▪ Helping those with NES▪ When to eat and what?▪ Changing food choices▪ Does less sleep mean more calories?▪ Lighting up the brain▪ Sleep debt and food purchasing▪ Here's \$50... what do you buy?▪ Helping nerves communicate	

13. Sleepy food choices

Unit	Here's what you'll learn	Extra support material
<p>13.1 Skills Lab™: Are your eating habits affecting your sleep?</p> <p>13.2 Does night eating destroy sleep?</p> <p>13.3 Do food choices change when you're tired?</p>	<ul style="list-style-type: none">▪ The many roles of orexin▪ Regulating orexin▪ Comparing melatonin and orexin▪ Looking for food?▪ Orexin disruptions▪ Choosing salty or sweet▪ Who has more button presses?▪ Just 1 night without sleep...▪ The end of obesity?▪ Balancing appetite hormones▪ Leptin resistance and weight gain▪ Altered metabolism?▪ Reviewing your client's food diary	

14. Snoozing to a healthy weight

Unit	Here's what you'll learn	Extra support material
<p>14.1 The overweight state and sleep</p> <p>14.2 Calculating your client's BMI</p>	<ul style="list-style-type: none">▪ A bi-directional relationship▪ Obesity and sleeplessness▪ The obesity/apnoea connection▪ A dangerous triad▪ Reducing OSA symptoms▪ The relationship with BMI▪ More risks from obesity▪ Resisting insulin▪ More than changes in glucose▪ Being underweight a risk too?▪ Assessing risk▪ Weight loss or gain for sleep?▪ How to calculate a client's BMI▪ Weight categorisation▪ BMI Calculator▪ Let's see a real client example!▪ BMI Calculator example	<ul style="list-style-type: none">▪ BMI Calculator▪ Body Weight and BMI Tracker™▪ Test Your Knowledge Exercises

14. Snoozing to a healthy weight

Unit	Here's what you'll learn	Extra support material
<p>14.1 The overweight state and sleep</p> <p>14.2 Calculating your client's BMI</p>	<ul style="list-style-type: none">▪ Is BMI an accurate measure?▪ BMI works, but not for everyone▪ Importance of weight▪ Body Weight and BMI Tracker™	

15. Nutritional toolkit

Unit	Here's what you'll learn	Extra support material
15.1 The importance of water	<ul style="list-style-type: none"> ▪ The water of life ▪ Dehydration and too little water ▪ Overhydration, also a risk? ▪ Urine Checker™ 	<ul style="list-style-type: none"> ▪ Water Intake Tracker™
15.2 Skills Lab™: Sleep-supporting food swaps guide	<ul style="list-style-type: none"> ▪ Can water help me sleep? ▪ No H2O, no sleep? ▪ Disrupted rhythms = dehydration? ▪ Overhydration at night? 	<ul style="list-style-type: none"> ▪ Sleep-Supporting Food Swaps
15.3 Nutrients and over-the-counter sleep aids	<ul style="list-style-type: none"> ▪ Not just in a glass... ▪ Eating your fluids ▪ Top water sources in foods ▪ Follow the water 	<ul style="list-style-type: none"> ▪ My Sleep-Supporting Food Swap Ideas ▪ Sugary Drinks Inventory
15.4 Skills Lab™: Designing your client's personalised sleep nutrition plan	<ul style="list-style-type: none"> ▪ Water Intake Tracker™ ▪ Nutrients for better sleep? ▪ The role of food in sleep ▪ The 4 main groups ▪ Tips to use this guide 	<ul style="list-style-type: none"> ▪ Junk Food and Snacks Inventory ▪ Food Substitutes Planner™ ▪ Practical Assignment

15. Nutritional toolkit

Unit	Here's what you'll learn	Extra support material
<p>15.1 The importance of water</p>	<ul style="list-style-type: none"> ▪ Almost time for meal planning ▪ Practical Assignment ▪ Micronutrients: vital for sleep? ▪ Using this guide 	<ul style="list-style-type: none"> ▪ Sleep Diet Planning Workbook™
<p>15.2 Skills Lab™: Sleep-supporting food swaps guide</p>	<ul style="list-style-type: none"> ▪ Milli and micro ▪ Abbreviations and measures ▪ Vitamins and minerals ▪ B-vitamins 	<ul style="list-style-type: none"> ▪ Sleep Foods Master List™ ▪ Daily Sleep Meal Planner™
<p>15.3 Nutrients and over-the-counter sleep aids</p>	<ul style="list-style-type: none"> ▪ B vitamins and the brain ▪ Vitamin C – Ascorbic acid ▪ Vitamin D ▪ Calcium ▪ Selenium 	<ul style="list-style-type: none"> ▪ Sweet Dreams Shopping List™ ▪ My Sweet Dreams Shopping List™
<p>15.4 Skills Lab™: Designing your client's personalised sleep nutrition plan</p>	<ul style="list-style-type: none"> ▪ Magnesium ▪ Sleepy vitamins and minerals ▪ Study caveats ▪ What about herbs? 	<ul style="list-style-type: none"> ▪ Top 5 Shopping Tips ▪ Test Your Knowledge Exercises

15. Nutritional toolkit

Unit	Here's what you'll learn	Extra support material
15.1 The importance of water	<ul style="list-style-type: none">▪ Herbal study caveats▪ Chamomile▪ Valerian root▪ Long-term usage?	
15.2 Skills Lab™: Sleep-supporting food swaps guide	<ul style="list-style-type: none">▪ When to use a sleep aid?▪ Melatonin▪ Diphenhydramine▪ Doxylamine succinate	
15.3 Nutrients and over-the-counter sleep aids	<ul style="list-style-type: none">▪ Creating a personalised plan▪ Sleep Diet Planning Workbook™▪ Reviewing and adjusting▪ Practical Assignment	
15.4 Skills Lab™: Designing your client's personalised sleep nutrition plan		

16. Shifting sleep for shift workers

Unit	Here's what you'll learn	Extra support material
16.1 How to combat tiredness during shift work	<ul style="list-style-type: none">▪ One size fits all?▪ After hours workforce...▪ More than just a little sleepy▪ The knock-on effects of shift work▪ Different ways to cope?▪ When do they sleep?▪ 5 shift-sleeping strategies▪ The optimum strategy?▪ Finding a balance▪ And the worst coping methods?▪ Sleep Map™▪ Let's see a real client example!▪ Sleep Map™ example▪ Analysing your client's map▪ My client's sleep strategy▪ Strategies outside sleep▪ Cat-napping	<ul style="list-style-type: none">▪ Sleep Map™▪ Test Your Knowledge Exercises

16. Shifting sleep for shift workers

Unit	Here's what you'll learn	Extra support material
<p>16.1 How to combat tiredness during shift work</p>	<ul style="list-style-type: none">▪ Eating and drinking right▪ Skipping meals?▪ Suggestions for shift workers▪ Getting support▪ Shifting behaviours	<ul style="list-style-type: none">▪ Swipe File: Hidden Added Sugars▪ Checklist: Water Needs Per Age▪ Food Environment Assessment™▪ Test Your Knowledge Exercises▪ Your Key Takeaways▪ Video

17. A dream finish

Unit	Here's what you'll learn	Extra support material
<p>17.1 Why do we dream?</p> <p>17.2 Skills Lab™: Your dream diary</p>	<ul style="list-style-type: none"> ▪ Why do we dream? ▪ Freud's dream theory ▪ Identical dreams? ▪ Staging dreams ▪ Different stages of dreaming ▪ The origins of dreams? ▪ Dopamine dreaming ▪ "Dopaminergic" theory of dreams ▪ Do you recall your dreams? ▪ Bad dreams more common? ▪ Vitamins for dream recall? ▪ 75% of dreams... ▪ Dreaming at home vs a lab ▪ Interpreting our dreams? ▪ Recording dreams ▪ To sleep, perchance to dream... ▪ Not for all clients? 	<ul style="list-style-type: none"> ▪ Dream Diary™ ▪ Dream Frequency Recall™ ▪ Dream Record™ ▪ Drawing Dreams™ ▪ What does my dream mean to me? ▪ Practical Assignment

17. A dream finish

Unit	Here's what you'll learn	Extra support material
<p>17.1 Why do we dream?</p> <p>17.2 Skills Lab™: Your dream diary</p>	<ul style="list-style-type: none">▪ The Dream Diary™▪ Your client's diary▪ Practical Assignment	

18. Your client's personalised program

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Tracking your client's progress through their program</p>	<ul style="list-style-type: none">▪ 4 key areas to monitor▪ Watching for improvements▪ Weekly Sleep Quality Check™▪ Monitoring change▪ Sleep Environment Check™▪ The big picture▪ Practical Assignment	<ul style="list-style-type: none">▪ Weekly Sleep Quality Check™▪ Sleep Environment Check™▪ Practical Assignment

19. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>19.1 Dos, don'ts, and must dos</p> <p>19.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none">▪ Acting responsibly and ethically with clients▪ What you CAN and CANNOT do▪ What you MUST do▪ The importance of medical advice▪ Which products or brands?▪ Running a successful practice▪ Includes templates of legal documents▪ Setting up your practice▪ The 4 most important steps to follow▪ Types of insurance cover you need▪ Registering as self-employed▪ Your initial client consultation▪ Observing client confidentiality and data protection	<ul style="list-style-type: none">▪ Client Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Test Your Knowledge Exercises

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