



Winding Down: Get a Better Night's Sleep

Course completed by
Sep 06, 2024 at 04:15AM UTC • 53 minutes

Top skills covered

Relaxation Techniques

Mindfulness

A stylized, handwritten signature in black ink that reads "Dan Brodnitz".

Head of Global Content, Learning



Certificate ID: 4bfbb04dc05e638a800a81579f6fdaf009238593e85863e26c6f619a2f2d1a53