**Sleep to Flow: Mastering Sleep for Health and Vitality**

**Brief Description:**

"Sleep to Flow" is a course focused on optimizing sleep for enhanced health and performance. It covers foundational sleep science, common sleep disorders, lifestyle adjustments (like nutrition, supplements, and relaxation techniques), and advanced strategies such as circadian optimization, hormesis, gut health, and sleep tracking. Emphasising practical tools, it aims to improve sleep quality, supporting vitality and overall well-being.

**Learning Objectives:**

* Introduction to Sleep Science: Establish foundational knowledge of sleep mechanics, including stages and the impact of sleep on well-being.
* Identify and Address Sleep Disorders: Explore common sleep disorders, their symptoms, and treatment options to improve sleep quality.
* Lifestyle Adjustments for Better Sleep: Discuss practical changes in lifestyle and behaviour that can positively affect sleep patterns.
* Application of Advanced Sleep Techniques: Implement advanced strategies to optimise sleep, including adjustments to the circadian rhythm and the use of technology for sleep tracking.
* Practical Application Through Case Studies: Use real-life case studies to demonstrate practical application of theories and techniques.
* Interactive Learning Experience: Engage learners with a visually appealing and interactive presentation style that reinforces the content through minimal text and illustrative icons and images.

Each module builds on the previous one, ensuring a comprehensive understanding of how to achieve and maintain healthy sleep habits that flow into overall life quality improvement.