

SLEEP COACH

Dilbar Askarova

HAS SUCCESSFULLY COMPLETED SLEEP COACH

Course Content

Module 1: THE CAUSES AND SYMPTOMS OF SLEEP DEPRIVATION

Module 2: GAINING TRUST AND AUTHORITY

Module 3: PRACTICAL TECHNIQUES

Module 4: THE LINK BETWEEN STRESS AND INSOMNIA

Module 5: INSOMNIA CAUSED BY ANTICIPATION

Module 6: YOU ARE WHAT YOU EAT

Module 7: Quiz HOW TO HELP YOUR CLIENT RELEASE, DETACHED FROM,
OR LET GO OF THE PROBLEM

Module 8: Quiz RECEIVING HELP FROM NON-PHYSICAL ENTITIES

Module 9: Quiz TAKING THE CLIENT ON A MAGICAL ADVENTURE

Module 10: Quiz DEEP HYPNOTIC RELAXATION



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