

Sleep & Energy Reset Program

Reset your sleep routine in three weeks

Three-week programme to build better sleep and energy habits. Not a treatment for sleep disorders.

At a glance

Level	Beginner (difficulty 1/5)
Duration	3 weeks, about 2 hrs/week (6 hrs)
Schedule	Self-paced
Mode	Online English
Certificate	Certificate of Completion
Course fee	₹2,500

What this course covers

Module 1. How sleep works

Module 2. Evening routines

Module 3. Light, food and caffeine

Module 4. Tracking and adjusting

What you will be able to do

- Build a consistent evening routine
- Understand common sleep disruptors
- Track and adjust your habits

Who it is for

Suited to: everyone. Education: any educational background. Work experience: 0 to 40 years.

Prerequisites: None.

How it can help your career

Learners use this course as a step towards roles such as: Healthier sleep routine. It builds skills and a certificate to show; it does not guarantee a job or promotion.

Enquire to enrol

Share your contact details and a counsellor will confirm the next batch dates and any payment options.