



## IRSPT: Sleep – Progress Checklist

### Progress Checklist

- Read Learning Objectives
  - Thoroughly understand and be able to explain the importance of sleep on blood sugar balance, weight, energy, and mental focus using the following resources:
    - *Sleep: Protocols for Blood Sugar Balance - Action Steps*: Review with clients for steps to use regarding sleep and insulin resistance
    - *Optimizing Sleep for Hormone and Blood Sugar Balance*
    - *Herbs and Supplements to Assist With Sleep*
    - *The Hormones That Dance in Your Sleep*
    - *References for Sleep and Hormone Research*
  - Explain the effects of poor quality or insufficient sleep on insulin receptors
  - Discuss the hormones involved in sleep
  - Explain to your clients how sleep impacts their energy, belly fat, appetite, and blood sugar
  - Be comfortable with the activities that enhance sleep and blood sugar balance and be able to teach those to your clients
- Work Through Core Content Topics
  - Sleep
- Review Advanced Topics / References
  - [References for Sleep and Hormone Research](#)
  - [Growth Hormone Secretion During Sleep - Takahashi et al., 1968](#)
- Review Done-For-You Resources
- Complete the Next Steps
  - Pick a client and look at his/her sleep patterns.
  - Have your client complete a sleep assessment.
  - Explain to your client the importance of sleep and the effects on one's waistline, energy, and brain function.
  - Identify and explain habits that can be modified to ensure your client enjoys better sleep.
  - Use the *Herbs and Supplements to Assist with Sleep* document and create a custom protocol for your client to follow.