LEVEL ONE
SLEEP, STRESS MANAGEMENT, AND RECOVERY COACHING CERTIFICATION

Solve the biggest obstacles in your clients’ lives—and help them thrive.
WELCOME TO THE NEXT FRONTIER OF HEALTH AND FITNESS COACHING.

Stress and sleep problems have always created obstacles for people.

We’ve seen that consistently here at Precision Nutrition, where we’ve coached over 100,000 clients, and certified over 150,000 coaches.

Because of that, we’ve always always taught stress management and sleep coaching basics in all of our coaching certifications.

But the last few years have shown us that the basics often aren’t enough.

Not in today’s world.

Based on insights gathered from scientific research, experiences with our own clients, and interviews with thousands of coaches, one thing has become clear:

**Effective sleep, stress management, and recovery coaching is the “missing link” for many people.**

In the modern world, people have become more stressed and sleep-deprived, not less. And they’re more invested than ever in finding help.

**Thankfully, the health and fitness industry is evolving.**

Perceptive coaches are starting to realize: In order to stay ahead of the curve and continue to help clients in a meaningful way, sleep, stress management, and recovery coaching is a crucial skill to master.

That’s why our in-house PhDs and behavior change experts teamed with some of the top minds in sleep, stress, coaching, and mental performance to create this program.

This incredible roster of educators includes one of the world’s leading sleep scientists at UCLA, a renowned sleep medicine doctor who advises MLB, NBA, and NFL teams, and a former member of an elite Special Operations unit.

Together, these industry heavyweights created a program that can help you elevate your coaching skills to better match people’s current needs.

**We want strength, resilience, and more enjoyment from life to be accessible to more people.**

In the following pages, we’ll tell you more about what makes our program so special, introduce you to the experts who created it, show off a few of our successful grads, and give you a thorough overview of the Sleep, Stress Management, and Recovery Certification curriculum.

Then, if you’re ready to join the ranks of coaches that offer the most advanced, well-rounded, and profoundly impactful services to their clients, we’d love to have you.

Warmly,

TIMOTHY JONES
Precision Nutrition CEO
What is a sleep, stress management, and recovery coach?

Why sleep, stress management, and recovery coaching is more important than ever

Sleep, stress management, and recovery coaches are in demand

Table of Contents

2 What is a sleep, stress management, and recovery coach?

6 Why sleep, stress management, and recovery coaching is more important than ever

8 Sleep, stress management, and recovery coaches are in demand

12 Why choose PN?

15 Meet the experts

21 Who is the Sleep, Stress Management, and Recovery Certification for?

24 Program details

32 Our team: Here to help

DEANDRE SINETTE
PN1-SSRC

Title: Wellness Life Coach, Yoga and Meditation Teacher
Age: 30
Location: Los Angeles, California

I've struggled with insomnia my entire life. Sure, I teach yoga and meditation, but all the things I preach—sleep, rest, being present—are a challenge for me, too. Plus, I have ADHD and mental struggles that need daily management, and are exasperated by sleep problems. I got to a point where I needed help, so I took the Precision Nutrition Sleep, Stress Management, and Recovery Certification.

The Certification fundamentally changed how I think about sleep and stress. For one thing, it helped me understand that rest is not just what you do at night; it's a byproduct of how you live your day. I approach my daytime routine differently now. I have more compassion for myself, and I'm sleeping a lot better.

Since getting Certified, my coaching practice has expanded. I've brought on a new roster of clients and I use my knowledge to help them in a science-backed way. One client was constantly stressed and had so much anxiety. Today, she's not only better rested and calmer, she also says her entire life has improved because she feels so resilient. Another client went from being a hyper-critical perfectionist to making small changes in his life—like sitting on his yoga mat for five minutes in the morning. He was skeptical at first and now he's like, “Bro, this really works.”

This Certification has given me what I needed to support myself, and now I can go out and support others better. That makes me really happy.

“This program helped me—now I can better support others.”

QUESTIONS? Our certification advisors are available over phone, chat, or email.
What is a sleep, stress management, and recovery coach?

If you’re already a health or nutrition coach, you know that when clients feel stressed and exhausted, everything else feels harder: making it to the gym, managing cravings, or hitting the grocery store to stock your fridge with healthy goods.

To make matters worse:
When they feel tense and overwhelmed, many clients not only skip the healthy behaviors they want to do, they also turn to ways to soothe themselves that often sabotage progress. This is called maladaptive coping.

Maladaptive coping...
- Works in the short-term, but often ends up creating long-term problems
- Avoids dealing with the problem or situation
- Often involves denial and wishful thinking (“If only this hadn’t happened…”)
- Generates hopelessness, despair, resignation
- Tends to have a “distracting” or “numbing” effect (think: alcohol, drugs, compulsive shopping, compulsive overeating)

With the right tools, you can help clients remove—or at least lower—obstacles like stress and sleep deprivation, making healthy living feel possible again.

Importantly, you can also help clients find more productive, proactive ways to cope. This is called adaptive coping.

Adaptive coping...
- Might require some effort in the short-term, but ultimately leads to more ease long-term, and better outcomes
- Deals directly with the problem or situation
- Faces and accepts reality as it is
- Generates optimism, and a belief in one’s ability to overcome difficult things
- Tends to benefit overall health (exercise, meditation, time in nature, social support)

When clients practice adaptive coping, stress doesn’t just magically go away. But with better tools and strategies to cope, stress can become an opportunity to build a person’s self-awareness, strength, capacity, and integration of healthy behaviors.

(Bring it on!)

What is a sleep, stress management, and recovery coach?

If you’re already a health or nutrition coach, you know that when clients feel stressed and exhausted, everything else feels harder: making it to the gym, managing cravings, or hitting the grocery store to stock your fridge with healthy goods.

To make matters worse:
When they feel tense and overwhelmed, many clients not only skip the healthy behaviors they want to do, they also turn to ways to soothe themselves that often sabotage progress. This is called maladaptive coping.

Maladaptive coping...
- Works in the short-term, but often ends up creating long-term problems
- Avoids dealing with the problem or situation
- Often involves denial and wishful thinking (“If only this hadn’t happened…”)
- Generates hopelessness, despair, resignation
- Tends to have a “distracting” or “numbing” effect (think: alcohol, drugs, compulsive shopping, compulsive overeating)

With the right tools, you can help clients remove—or at least lower—obstacles like stress and sleep deprivation, making healthy living feel possible again.

Importantly, you can also help clients find more productive, proactive ways to cope. This is called adaptive coping.

Adaptive coping...
- Might require some effort in the short-term, but ultimately leads to more ease long-term, and better outcomes
- Deals directly with the problem or situation
- Faces and accepts reality as it is
- Generates optimism, and a belief in one’s ability to overcome difficult things
- Tends to benefit overall health (exercise, meditation, time in nature, social support)

When clients practice adaptive coping, stress doesn’t just magically go away. But with better tools and strategies to cope, stress can become an opportunity to build a person’s self-awareness, strength, capacity, and integration of healthy behaviors.

(Bring it on!)

What is a sleep, stress management, and recovery coach?

If you’re already a health or nutrition coach, you know that when clients feel stressed and exhausted, everything else feels harder: making it to the gym, managing cravings, or hitting the grocery store to stock your fridge with healthy goods.

To make matters worse:
When they feel tense and overwhelmed, many clients not only skip the healthy behaviors they want to do, they also turn to ways to soothe themselves that often sabotage progress. This is called maladaptive coping.

Maladaptive coping...
- Works in the short-term, but often ends up creating long-term problems
- Avoids dealing with the problem or situation
- Often involves denial and wishful thinking (“If only this hadn’t happened…”)
- Generates hopelessness, despair, resignation
- Tends to have a “distracting” or “numbing” effect (think: alcohol, drugs, compulsive shopping, compulsive overeating)

With the right tools, you can help clients remove—or at least lower—obstacles like stress and sleep deprivation, making healthy living feel possible again.

Importantly, you can also help clients find more productive, proactive ways to cope. This is called adaptive coping.

Adaptive coping...
- Might require some effort in the short-term, but ultimately leads to more ease long-term, and better outcomes
- Deals directly with the problem or situation
- Faces and accepts reality as it is
- Generates optimism, and a belief in one’s ability to overcome difficult things
- Tends to benefit overall health (exercise, meditation, time in nature, social support)

When clients practice adaptive coping, stress doesn’t just magically go away. But with better tools and strategies to cope, stress can become an opportunity to build a person’s self-awareness, strength, capacity, and integration of healthy behaviors.

(Bring it on!)

What is a sleep, stress management, and recovery coach?

If you’re already a health or nutrition coach, you know that when clients feel stressed and exhausted, everything else feels harder: making it to the gym, managing cravings, or hitting the grocery store to stock your fridge with healthy goods.

To make matters worse:
When they feel tense and overwhelmed, many clients not only skip the healthy behaviors they want to do, they also turn to ways to soothe themselves that often sabotage progress. This is called maladaptive coping.

Maladaptive coping...
- Works in the short-term, but often ends up creating long-term problems
- Avoids dealing with the problem or situation
- Often involves denial and wishful thinking (“If only this hadn’t happened…”)
- Generates hopelessness, despair, resignation
- Tends to have a “distracting” or “numbing” effect (think: alcohol, drugs, compulsive shopping, compulsive overeating)

With the right tools, you can help clients remove—or at least lower—obstacles like stress and sleep deprivation, making healthy living feel possible again.

Importantly, you can also help clients find more productive, proactive ways to cope. This is called adaptive coping.

Adaptive coping...
- Might require some effort in the short-term, but ultimately leads to more ease long-term, and better outcomes
- Deals directly with the problem or situation
- Faces and accepts reality as it is
- Generates optimism, and a belief in one’s ability to overcome difficult things
- Tends to benefit overall health (exercise, meditation, time in nature, social support)

When clients practice adaptive coping, stress doesn’t just magically go away. But with better tools and strategies to cope, stress can become an opportunity to build a person’s self-awareness, strength, capacity, and integration of healthy behaviors.

(Bring it on!)

What is a sleep, stress management, and recovery coach?

If you’re already a health or nutrition coach, you know that when clients feel stressed and exhausted, everything else feels harder: making it to the gym, managing cravings, or hitting the grocery store to stock your fridge with healthy goods.

To make matters worse:
When they feel tense and overwhelmed, many clients not only skip the healthy behaviors they want to do, they also turn to ways to soothe themselves that often sabotage progress. This is called maladaptive coping.

Maladaptive coping...
- Works in the short-term, but often ends up creating long-term problems
- Avoids dealing with the problem or situation
- Often involves denial and wishful thinking (“If only this hadn’t happened…”)
- Generates hopelessness, despair, resignation
- Tends to have a “distracting” or “numbing” effect (think: alcohol, drugs, compulsive shopping, compulsive overeating)

With the right tools, you can help clients remove—or at least lower—obstacles like stress and sleep deprivation, making healthy living feel possible again.

Importantly, you can also help clients find more productive, proactive ways to cope. This is called adaptive coping.

Adaptive coping...
- Might require some effort in the short-term, but ultimately leads to more ease long-term, and better outcomes
- Deals directly with the problem or situation
- Faces and accepts reality as it is
- Generates optimism, and a belief in one’s ability to overcome difficult things
- Tends to benefit overall health (exercise, meditation, time in nature, social support)

When clients practice adaptive coping, stress doesn’t just magically go away. But with better tools and strategies to cope, stress can become an opportunity to build a person’s self-awareness, strength, capacity, and integration of healthy behaviors.

(Bring it on!)
WHAT A SLEEP, STRESS MANAGEMENT, AND RECOVERY COACH CAN AND CAN’T DO.

Sleep, stress management, and recovery coaches can greatly improve a client's overall ability to function, and feel good. However, it’s also important to know what sleep, stress management, and recovery coaches can’t do.

Sleep, stress management, and recovery coaches aren’t licensed to diagnose people with sleep problems or stress disorders. They also can’t claim to “treat” or “cure” medical diagnoses such as insomnia or high blood pressure.

In other words, a sleep, stress management, and recovery coach can’t take the place of a licensed medical professional.

That said, with this certification, you will be fully qualified to help people alleviate a plethora of common struggles that result from unmanaged stress, poor sleep, or insufficient recovery.

That includes:
- Emotional / stress eating
- Night worrying
- Low energy
- Poor sleep routines / hygiene
- Time management problems
- Procrastination
- Self-sabotage
- All-or-nothing thinking
- Self-criticism
- Mental exhaustion
- Lack of motivation / positive momentum

More generally, as a sleep, stress management, and recovery coach, you can help clients...

😄 Feel more energetic, in control, and capable of taking action.
😄 Change their mindset about who they are and what they can do.
😄 Take small, strategic daily actions that yield big effects for their overall wellbeing.
😄 Feel more supported, understood, and empowered.

If you can help people with all of the above, you can help A LOT of people.

“I help people whose lives depend on good recovery.”

AARON GRAINGE

Title: Canadian Forces Morale and Welfare Services—Canadian Coast Guard Fitness and Wellness Liaison

Age: 38
Location: Barrie, Ontario, Canada

I work as a fitness and wellness liaison between the Canadian Forces Morale and Welfare Services and the Canadian Coast Guard. The purpose of my job is to ensure the wellness and fitness of Coast Guard employees—and recovery is a big part of that.

If a person doesn’t recover well, they can’t perform well. And in the Coast Guard, that’s serious stuff. Lives are on the line. For example, our search and rescue specialists attend to crashes, fires, and other disasters, and they need to be able to function well, keep their cool, and make quick decisions. So things like sleeping well, managing stress, and taking care of their body and mind are critically important.

But recovery is a challenge, especially in the Coast Guard. Our operational personnel often work in shifts, and sleep in unideal conditions (like on a small, noisy boat), while having to cope with high levels of physical and emotional stress.

Despite a strong background in fitness and nutrition, I knew I had more to learn about recovery, especially stress management and “fatigue management.” I jumped on the Precision Nutrition Sleep, Stress Management, and Recovery Certification, and I’m so glad I did. The Certification gave me practical concepts and tools that I can use to help people recover and perform better, even in extreme circumstances. And that helps me sleep better at night, too.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
WHY SLEEP, STRESS MANAGEMENT, AND RECOVERY COACHING IS MORE IMPORTANT THAN EVER

Sleep, stress management, and recovery are “must know” areas in today’s world.

That’s especially true if you’re a health coach, trying to help your clients improve their overall health and quality of life.

Just take a look at these statistics:

- 1 in 3 Americans experience insomnia and/or are sleep deprived
- 1 in 3 Americans report feeling extreme stress
- Half of all Americans say that levels of stress are getting worse instead of better
- Stress and sleep deprivation may cause problems with learning, focusing, decision making, emotional regulation, problem solving, and/or coping with change.
- People with chronic stress and/or insomnia have an increased risk of health complications, including diabetes, hypertension, heart disease, stroke, and obesity

Clearly, people need more support and more tools to help them deal with sleep- and stress-related struggles.

Further, we need more examples of people who have learned how to thrive, even in the context of a challenging, uncertain, constantly changing world.

As a coach, you can serve as an inspiring example—and so can your successful clients. So let’s increase our numbers.

*Statistics come from the Cleveland Clinic, the National Heart, Lung, and Blood Institute, McKinsey & Co., Mindbody, the American Psychological Association, and the American Institute of Stress.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
SLEEP, STRESS MANAGEMENT, AND RECOVERY COACHES ARE IN DEMAND

Stress and sleep issues are more common than ever.
The silver lining?
The willingness to talk about these issues and seek support is also more common.
Mental and emotional health struggles are more accepted, and the stigma around them is much less than it used to be.
The result: A rising demand for coaching, resources, and tools to help people feel and function better.

42% of people worldwide consider health, sleep, and mindfulness to be a “top priority,” according to McKinsey & Company.

87% of people are willing to invest more money on their health, particularly on services (like coaching and counseling) that emphasize physical and mental health.

Plus, industry reports predict that the field of mental health services will continue to grow, with the greatest growth in the U.S. and in Canada.

Our advice?
GET READY.

Most health and fitness coaches aren’t well-versed in the topics of sleep, stress management, and recovery.
That’s because, until recently, there hasn’t been a cohesive training program on it.
This has left clients on their own to wade through surface-level advice like “avoid too much stress,” and “try to get more sleep.”

With the PN Sleep, Stress Management, and Recovery Certification, you can become a credible, respected resource who can help clients navigate their bumpy lives with empathy, grace, and understanding.
Your clients need more than surface-level coaching to make real progress.

THEY NEED YOU.

Excited to get started? Join our waitlist here.
QUESTIONS? Our certification advisors are available over phone, chat, or email.
A few years ago, stress was taking a significant toll in my life. I felt tired, weak, lazy, and unmotivated… I knew I needed help. I tried different things to feel better, including therapy. It was helpful, but I still felt off. So I signed up for the Precision Nutrition Sleep, Stress Management, and Recovery Certification, thinking it might help. Little did I know this decision would change my life.

At first, I just wanted to improve my own health and wellbeing. And it worked! I now have strategies that I can easily implement on a regular basis to manage my stress and sleep quality. My energy, productivity, and wellbeing have gone from feeling like a 5/10 to a 9/10 most days.

Somewhere along the way, I had an epiphany. I didn’t just want to help myself, I wanted to help other people too. So after completing the Certification, I transitioned from being a copywriter and messaging strategist to becoming a sleep and stress coach.

As a new coach, the Cert has been invaluable. In addition to all the sleep, stress, and recovery information, there’s an entire unit on coaching, which has helped me so much. I learned the PN six-step coaching process and refer back to it a lot. These days, I know I’m making a difference for people; I see it in my clients as they have their own epiphanies. Coaching is giving me a deep inner sense of satisfaction, and I can’t wait to continue the journey.

“Stress management and recovery are how we help ourselves and our clients perform at our best every day. Education plays a huge part in that…. And PN’s program is the best of the best. The education they give you is very scientifically robust, but at the same time immediately actionable.”

MIKE PIERCY
IDEA Personal Trainer of the Year, Owner and Founder of the LAB Performance & Sports Science

“Excited to get started? Join our waitlist here.”

REBECCA VIGELIUS
PN1-SSRC
Title: Holistic Sleep & Stress Coach
Age: 44
Location: Abbotsford, British Columbia, Canada

A few years ago, stress was taking a significant toll in my life. I felt tired, weak, lazy, and unmotivated… I knew I needed help. I tried different things to feel better, including therapy. It was helpful, but I still felt off. So I signed up for the Precision Nutrition Sleep, Stress Management, and Recovery Certification, thinking it might help. Little did I know this decision would change my life.

At first, I just wanted to improve my own health and wellbeing. And it worked! I now have strategies that I can easily implement on a regular basis to manage my stress and sleep quality. My energy, productivity, and wellbeing have gone from feeling like a 5/10 to a 9/10 most days.

Somewhere along the way, I had an epiphany. I didn’t just want to help myself, I wanted to help other people too. So after completing the Certification, I transitioned from being a copywriter and messaging strategist to becoming a sleep and stress coach.

As a new coach, the Cert has been invaluable. In addition to all the sleep, stress, and recovery information, there’s an entire unit on coaching, which has helped me so much. I learned the PN six-step coaching process and refer back to it a lot. These days, I know I’m making a difference for people; I see it in my clients as they have their own epiphanies. Coaching is giving me a deep inner sense of satisfaction, and I can’t wait to continue the journey.

“I was so inspired by my own change that I switched careers to help others.”

MIKE PIERCY
IDEA Personal Trainer of the Year, Owner and Founder of the LAB Performance & Sports Science

“Excited to get started? Join our waitlist here.”
Why Precision Nutrition?

Over the past 15 years, we’ve coached over 100,000 clients to make massive, meaningful changes to their lives.

And, we’ve educated over 150,000 health and fitness professionals—in over 150 countries worldwide—so they can do the same transformative work we do.

Our coaching program has been validated in multiple peer-reviewed journals, and we’ve been featured in top publications like The New York Times, The Huffington Post, Women’s Health, and Time.

Some of the world’s biggest companies, professional sports teams, and premier athletes have consulted with us.

It’s been an honor to have so many people and institutions trust our programs and certifications. But maybe more importantly, why should you trust us?

✅ We’re leaders.
PN created the industry’s first comprehensive certification on Sleep, Stress Management, and Recovery coaching.

Over 17 years ago, we revolutionized nutrition coaching. And now, we’re doing the same thing for the most overlooked areas of health.

✅ Our team is all-star.
We’ve partnered with the world’s leading experts in sleep, stress, coaching, and mental performance to create this world-class educational program.

After completing the Sleep, Stress Management, and Recovery Coaching Certification, you’ll know what the experts know—so you can get better results than ever.

✅ Our program is based on science and real world experience.
Our certifications are based on extensive data—from scientific research, but also from our experience coaching over 100,000 clients.

This is unique. In fact, we’re the only certification company that also coaches real people every single day.

We take all our learnings from clients, data from interviews with thousands of real coaches, plus findings from the most current research, and use it to improve our certification programs.

Everything you learn is evidence-based, used by real coaches, and tested in the real world.

✅ Plus, we guarantee our program.
When our students make a commitment to learn from us—we make a commitment to help them become better coaches.

All students get to try the PN Level 1 Sleep, Stress Management, and Recovery Coaching Certification for 45 days. If you’re not happy with what you learn, let us know within 45 days (and before you certify) and we’ll give you every penny back.

Why?

We’re confident in what we do and we stand by our work.

If you love our program, then once you complete it, you get to earn your PN1-SSRC credentials and head out to change people’s lives (or maximize your own!).

QUESTIONS? Our certification advisors are available over phone, chat, or email.
When we created the Sleep, Stress Management, and Recovery Certification, we wanted a course that was founded not only on the strongest and most current evidence, but also full of practical coaching approaches and techniques that work in the real world.

So, our curriculum team—many of whom are seasoned, expert coaches themselves—joined forces with some of the smartest, most trusted authorities in the field of sleep, stress, and resilience. Take a look.

Meet the Experts

JENNIFER MARTIN, PhD

Dr. Jennifer Martin is a clinical psychologist and Professor of Medicine at the David Geffen School of Medicine at the University of California, Los Angeles. She received her BA with Honors in Psychology and her PhD in Clinical Psychology from the University of California, San Diego. She’s a Diplomate of the American Board of Behavioral Sleep Medicine and the president of the board of directors for the American Academy of Sleep Medicine.

Dr. Martin’s clinical, teaching, and research programs focus on how sleep impacts overall health and well-being. She is the author of over 140 peer-reviewed publications, and is a leading expert in non-medication treatments for insomnia disorder, which has been a focus of her work for nearly two decades.

Dr. Martin’s work focuses on developing and optimizing delivery of new approaches for treating sleep disorders and improving sleep health. She’s received Distinguished Service Awards from the Sleep Research Society and the American Academy of Sleep Medicine foundation for her contributions and service in the field.
GREG WELLS, PhD

Dr. Greg Wells is a scientist and physiologist specializing in how to make the science of human limits understandable and actionable.

As CEO and founder of Wells Performance, Dr. Wells has worked with some of the highest-performing people on the planet, including Olympic and world champions, and with organizations ranging from General Electric to BMO, Deloitte, KPMG, BMW, Audi, Sysco Foods, YPO and Air Canada.

He’s written four best-selling books: Superbodies, The Ripple Effect, The Focus Effect and Rest, Refocus, Recharge.

A veteran endurance athlete, Dr. Wells has participated in the grueling Arctic Nanisivik Marathon, Ironman Canada, and the Tour d’Afrique, which, at 11,000 km, is the longest cycling race in the world.

CHRIS WINTER, MD

Dr. Chris Winter is board certified in sleep medicine by both the American Board of Sleep Medicine and by the American Board of Psychiatry and Neurology. He owns the Charlottesville Neurology and Sleep Medicine clinic and CNSM Consulting.

Dr. Winter’s current research focuses on sleep and athletic performance. As such, he has served as a consultant for several professional and collegiate athletes and teams, including MLB, NBA, NHL, and NFL teams.

Along with numerous scientific papers and abstracts dealing with sleep, presentations at many international sleep meetings, and research awards from the Sleep Medicine Society and the Associated Professional Sleep Societies, Dr. Winter has authored two best selling books: The Sleep Solution and The Rested Child.
Krista Scott-Dixon, PhD
Dr. Krista Scott-Dixon developed the curriculum for the PN Women’s and Men’s Coaching programs, the PN Level 1 Nutrition Coaching Certification, and the PN Level 2 Master Coaching Certification. She is the coauthor of PN’s Level 1 Nutrition Coaching Certification textbook, *The Essentials of Nutrition and Coaching* and *The Universe Within: Genetic Testing and What It Can Tell Us About Nutrition, Health, and Athletic Performance*. She also has over 20 years of teaching and coaching experience.

Helen Kollias, PhD
Dr. Helen Kollias is a science advisor and coauthor of PN’s Level 1 Nutrition Coaching Certification textbook, *The Essentials of Nutrition and Coaching*. An exercise physiologist, Dr. Kollias specializes in the area of muscle development and regeneration. She has a master’s degree in Exercise Physiology and Biochemistry from the University of Waterloo, and has taught exercise physiology, molecular biology, and biochemistry at the university and college level.

Brian St. Pierre, MS, RD, CSCS, CISSN
Brian St. Pierre is a registered dietician and the director of nutrition at PN. He’s also the coauthor of PN’s Level 1 Nutrition Coaching Certification textbook, *The Essentials of Nutrition and Coaching*, and the mastermind who launched the PN Nutrition Calculator. St. Pierre holds a master’s degree in Food Science and Human Nutrition from the University of Maine, and has provided nutrition coaching to a host of professional and Olympic athletes and teams, including the NBA’s San Antonio Spurs and Brooklyn Nets, and the NFL’s Cleveland Browns.

Karin Nordin, PhD
Dr. Karin Nordin is a curriculum advisor for PN and a behavior change coach. Her PhD research focused on the intersection of health behavior change and curriculum design. She has taught at the university level and has published studies on the intention-behavior gap as well as the impact of growth mindset on engagement and learning. In addition to her academic work, Dr. Nordin is a nationally recognized speaker and public speaking coach.

Craig Weller
Craig Weller is an exercise systems advisor for PN, and an expert in resilience training. Craig spent six years in Naval Special Operations as a Special Warfare Combat Crewman (SWCC) and nearly two years on the High-Threat Protection team for the U.S. Ambassador to Baghdad in Iraq. He’s also provided guidance for the Canadian Special Forces command, and is a US Department of State Worldwide Personal Protective Service Security Specialist.
Who is the Sleep, Stress Management, and Recovery Certification for?

Movement and nutrition are important. (Okay, you know that already.)

But now, more and more people are accepting that sleep, stress management, and recovery are crucial, foundational pieces of the overall health puzzle.

Since launching our program, we’ve seen students with many different professional and personal backgrounds invest in this area of health. Those people include:

- Yoga teachers who understand the physical and mental challenge of dealing with life’s curveballs—and value the practice of finding balance (and finding it again)
- Health, life, and business coaches whose clients can’t afford to decrease their productivity—but struggle to fit in recovery from the stress of their responsibilities
- Regular people who want to apply the tools and resources in the program to transform their own sleep and stress issues—or those of their loved ones

For all of those people—and more—understanding hidden stressors, sleep problems, and recovery issues serves as the key that unlocks progress.

Many professionals in the health industry—and individuals in other industries too—can benefit from taking our Sleep, Stress Management, and Recovery Certification.

But in our experience, you’ll especially benefit if…

Movement and nutrition are important. (Okay, you know that already.)

But now, more and more people are accepting that sleep, stress management, and recovery are crucial, foundational pieces of the overall health puzzle.

Since launching our program, we’ve seen students with many different professional and personal backgrounds invest in this area of health. Those people include:

- Fitness and nutrition professionals who know that stress and sleep affect what their clients can do in the gym and in the kitchen, not to mention their capacity for change overall
- Doctors, nurses, and therapists who know that stress and sleep are among the top issues affecting their patients’ health and wellbeing
- Athletes and fitness enthusiasts who appreciate sleep, stress management, and recovery as direct, immediate tools for improved performance
- Massage therapists who continually work to release stress from their clients’ soft tissues, only to see that stress re-knot their clients’ muscles within a week
- Yoga teachers who understand the physical and mental challenge of dealing with life’s curveballs—and value the practice of finding balance (and finding it again)
- Health, life, and business coaches whose clients can’t afford to decrease their productivity—but struggle to fit in recovery from the stress of their responsibilities
- Regular people who want to apply the tools and resources in the program to transform their own sleep and stress issues—or those of their loved ones

For all of those people—and more—understanding hidden stressors, sleep problems, and recovery issues serves as the key that unlocks progress.

Many professionals in the health industry—and individuals in other industries too—can benefit from taking our Sleep, Stress Management, and Recovery Certification.

But in our experience, you’ll especially benefit if…

You want this cert for your clients but you’re going to improve as a coach and get a better handle on your own sleep, stress, and recovery too. This will level up your self care by 1000% so you can show up and do the best job for your clients.

BETHANY SHIELDS
PN1-SSRC, PN2-MHC

You want this cert for your clients but you’re going to improve as a coach and get a better handle on your own sleep, stress, and recovery too. This will level up your self care by 1000% so you can show up and do the best job for your clients.

BETHANY SHIELDS
PN1-SSRC, PN2-MHC

Movement and nutrition are important. (Okay, you know that already.)

But now, more and more people are accepting that sleep, stress management, and recovery are crucial, foundational pieces of the overall health puzzle.

Since launching our program, we’ve seen students with many different professional and personal backgrounds invest in this area of health. Those people include:

- Yoga teachers who understand the physical and mental challenge of dealing with life’s curveballs—and value the practice of finding balance (and finding it again)
- Health, life, and business coaches whose clients can’t afford to decrease their productivity—but struggle to fit in recovery from the stress of their responsibilities
- Regular people who want to apply the tools and resources in the program to transform their own sleep and stress issues—or those of their loved ones

For all of those people—and more—understanding hidden stressors, sleep problems, and recovery issues serves as the key that unlocks progress.

Many professionals in the health industry—and individuals in other industries too—can benefit from taking our Sleep, Stress Management, and Recovery Certification.

But in our experience, you’ll especially benefit if…

You want this cert for your clients but you’re going to improve as a coach and get a better handle on your own sleep, stress, and recovery too. This will level up your self care by 1000% so you can show up and do the best job for your clients.

BETHANY SHIELDS
PN1-SSRC, PN2-MHC

You want this cert for your clients but you’re going to improve as a coach and get a better handle on your own sleep, stress, and recovery too. This will level up your self care by 1000% so you can show up and do the best job for your clients.

BETHANY SHIELDS
PN1-SSRC, PN2-MHC
You want to stand out in your field.
The field of sleep, stress management, and recovery coaching is growing. If you establish a specialty and expertise in this area—through a legit, industry-respected certification—you’ll set yourself apart as a leader. If you stand out—and back it up with excellent service to your clients—you’ll do a better job of keeping clients, as well as getting referrals for new ones.

You want more confidence in your ability to coach clients on a deep level.
If a client has ever come to you overwhelmed with their fitness or nutrition plan, or dragging their feet because of poor sleep—but you didn’t know how to help them, that can change. The Sleep, Stress Management, and Recovery Certification will help you gain the skills to develop personalized resilience and recovery plans for anyone.

You want to help the clients who often slip through the cracks.
As one of our certified Sleep, Stress Management, and Recovery Coaches, Jaylee Thomas said: “Clients don’t say they can’t continue coaching because they’re too stressed out. They just… stop. Stop checking in, stop doing their habits, stop responding to messages.” If you want to help clients get unstuck, recover from burnout, and finally feel capable of changing their behaviors—instead of giving up—this course is it.

“I knew PN would have a detailed, practice-based approach to sleep, stress management, and recovery. In the industry, PN stands out as one of the best ones, if not THE best one.” —ROB KLEIN Owner of inKLEIN Coaching, PN1-SSRC

“The SSR course gave me a totally different perspective on the possibilities of what health and fitness can be. The deep health perspective was mind blowing, understanding that coaching the whole person is not only important, but essential for actual sustainable change.” —MARISSA GRAHAM Co-Owner of Nocturnal Coaching, Burnout Coach, PN1-SSRC

“One of my clients has tried—and quit—so many different diets. But with me, three months in, she’s still very committed. She says to me, ‘I am so proud of myself, and I can see the progress I’m making’, which is something she wouldn’t have said before.” —JAYLEE THOMAS Pilates Instructor and Nutrition Coach, PN1-SSRC

You want to give your clients more value... right now.
Scouring PubMed (not to mention the internet) for guidance can feel like trying to drink from a tidal wave. It’s too much for most people to wade through, and can take ages before you surface with answers you feel confident sharing. With this comprehensive course, you can save time and energy researching solutions for your clients, with access to dozens of shareable resources you can customize for any client.

You want to feel stronger, more resilient, and more rested, too.
If you’re in the healthcare industry, chances are, A LOT of your energy gets directed towards making other people’s lives better. Even if you’re not a professional in this field, you might be a parent, a partner, or just a caring friend. Either way, you deserve to prioritize your own sleep, stress management, and recovery too—so you can be the best coach, family member, or role model you can be.

“I already work with women who cannot sleep. There was so much on this topic that I have to keep reviewing some of it. So many gems in the program.” —CARYL AYEARST Owner of Heart to Heart Nutrition, PN1-SSRC

“Not only did this course help me be a better coach, but it also made me a better person. Before, I was overworking myself a lot. And now, even though I’m busier, I’ve learned how to balance it better. I’m so resilient, and it’s because I’ve applied the course to my own life.” —MALLORY MATTEO PT, DPT, Doctor of Physical Therapy and Owner of Feed Your Soul Wellness Coaching, PN1-SSRC

Excited to get started? Join our waitlist here.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
PROGRAM DETAILS

Program overview

The PN Sleep, Stress Management, and Recovery Certification was designed to be as flexible to the demands of real life as possible. (No deadlines! No mandatory meetings!)

You can learn anywhere—at your own pace.

Inside our program, you’ll find:

- **Our 100% digital core curriculum**
- **Animated and expert videos**
- **Real-world case studies, plus interactive client simulations**
- **25 Short chapter exams to help you apply new knowledge**
- **Study guides to help you prepare for exams**
- **70+ A printable PDF package for all worksheets included in the course**
- **Instructions on how to build your own Rest, Recovery and Resilience (3R) plan**

Because this **program is self-paced**, you can take as much or as little time as you like to complete it.

However, the pace that seems to work best for most of our students is completing **1-2 chapters per week**, including the associated “learn by doing” activity suggestions and chapter exams.

At this pace, you’d earn your **PN1-SSRC Certificate in about 4-6 months**. (Although you can move faster or slower depending on your situation.)

That said, you don’t need to wait to get certified in order to start coaching your clients to better rest, recovery, and resilience.

Since you’ll be learning and practicing from day one of the program, you’ll be in a perfect position to start helping your clients immediately.

If you do that, you can expect to spend about **2-3 hours per week** on the certification materials.

The PN Sleep, Stress Management, and Recovery Certification also qualifies for continuing education credits with organizations worldwide, including the following:

- American Council on Exercise
- AFAA Approved Provider
- NAFPA Approved Provider
- IMSPNA Approved Provider
- CPTN Approved Provider
- ISSA Approved Provider
- NASMI Approved Provider

Excited to get started? Join our waitlist here.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
What you’ll learn: COURSE BREAKDOWN

UNIT 1
THE PN APPROACH
This introductory unit sets up your coaching fundamentals.
You’ll gain insight into...
• What makes a great coach
• How to enhance your own learning experience and growth as a coach
• Our “Deep Health” approach to coaching that transforms lives, not just bodies
• How to help clients overcome resistance, make progress, and sustain results
• PN’s proven framework for helping anyone achieve their goals

UNIT 2
DEEP HEALTH, STRESS, AND RECOVERY
In this unit, we’ll dig into big questions like: What is stress? What is recovery? And what does true thriving really look like?
You’ll explore both the challenges and the recovery-opportunities of...
• Physical stressors such as an illness or physical fatigue
• Mental or cognitive stressors like information overload
• Emotional stressors like grief, loss, and anxiety
• Social stress in your relationships
• Existential stress during a life transition or shift in values
• Environmental stressors in your workplace, home, and/or community

UNIT 3
THE SCIENCE OF SLEEP, STRESS MANAGEMENT, AND RECOVERY
Here we’ll take a deeper look into the science of sleep. Plus we’ll look at the four key areas where we can focus our recovery efforts: Sleep, nutrition, movement, and stress management.
You’ll discover:
• The complexity of sleep across individuals and life stages, plus its role in recovery
• The skills and practices that facilitate quality sleep
• What nutrition habits support both athletic and overall recovery
• What types of movement help improve our short- and long-term physical performance
• How to track progress in recovery behaviors such as sleep and strategic relaxation
• Which mental skills help us manage—and even embrace—stressors and change, when we can’t control them

UNIT 4
COACHING IN PRACTICE
This unit brings everything together by showing you how to apply what you’ve learned.
This is where you’ll discover how to create personalized sleep, stress management, and recovery plans for yourself and your clients.
You’ll climb into the driver’s seat, test things out, and experience the process in real time. Rather than more information, you’ll get experiments, activities, reflection questions, and challenges.

The PN Sleep, Stress Management, and Recovery Certification includes the comprehensive science and the advanced coaching methods you need to guide your clients (and yourself!) to better sleep, recovery, and resilience.
This program digs into the physiology and psychology of how your body responds to stress—as well as how it naturally heals and grows.
Our curriculum is divided into 4 units—and each offers a wealth of information, plus plenty of “learn by doing” opportunities, including case studies based on real-world clients, and simulated coaching conversations to hone your skills.

* If you’re a graduate of either the Precision Nutrition Level 1 Nutrition Coaching Certification or the Level 2 Master Health Coaching Certification, you may find you can “fast track” through this unit. However, many of our grads report benefiting from the review; it reinforces learning, and can spark new “aha” moments.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
CLIENT SIMULATIONS: A NEW WAY TO GET (STRESS-FREE) PRACTICE

Although the Sleep, Stress Management, and Recovery Certification is completed entirely online, we also wanted to give our students an opportunity to practice their coaching skills and get feedback—in real time.

Enter: Client simulations.

Regularly throughout the course, you’ll be presented with the option to participate in interactive scenarios that recreate the feeling of being in a live conversation with a client. Each client is unique, with different lifestyles, values, and goals.

You’ll get a backstory for each simulated client, and then, selecting from a series of response options, you can “talk” your client to test out coaching approaches.

Periodically during these simulations, you’ll get live feedback on your responses, highlighting what you did right, and providing guidance on how you might improve, if applicable.

The result: You get to practice real coaching techniques—without the real stress.

The SSR certification is truly a life changing experience. The knowledge and understanding that I’ve gained from this program is priceless, and it made me much more confident in my coaching. It’s the perfect compliment to L1 Nutrition.

WILLIAM HAYWOOD
PN1-SSRC
Certification Completion Requirements

Over the course of the Sleep, Stress Management, and Recovery Certification, you’ll need to complete 25 short exams with 10-15 questions each (280 questions in all). Questions are either multiple choice or true or false, and correspond with the chapter you just studied. Completing the exam unlocks the next chapter.

All exams are delivered online, and can be accessed whenever you’re ready.

In order to pass the course and receive your certificate, you’ll need to achieve a cumulative grade of at least 75%, which means getting at least 210 of your exam questions correct. Most students easily achieve or surpass this.

If you don’t earn 210 out of 280 points in the course, you can take a re-do exam at the end of the course. We’ll send your official certificate immediately after you pass. (Woohoo!)

In my coaching practice, I primarily work with moms who want to lose weight. For a while, I’d been noticing that many of them were struggling to do the things I was trying to help them do—like get regular exercise, or be consistent with their nutrition habits. Stress and sleep issues were big roadblocks for them. So when I heard about the Precision Nutrition Sleep, Stress Management, and Recovery Certification, I immediately thought, ‘So many of the women I work with need help with this!’

Since completing the Certification, I’ve been able to help my clients in a much deeper way, and their transformations have been so impressive. For example, one of my clients deals with a chronic illness and chronic pain. That stuff isn’t going away, but we’ve worked on things like mindset, priorities, boundary setting, and practicing small habits throughout the day. She used to feel overwhelmed and like life was unmanageable. Now she tells me, “I’ve got this.”

Sleep and stress issues are like a log jam—they keep people from being able to reach their potential. Now, I can help my clients remove that jam, and after that, things fall into place. They don’t have to struggle so much to achieve their goals. Seeing them make the change is so rewarding. It’s why I do what I do.

“\textit{I found the log jam that was blocking my clients’ progress.”}

TIFFANY HEATH

PN1-SSRC, PN2-MHC

Title: Holistic Fitness and Nutrition Coach, Exercise Physiologist, and Owner of TRH Coaching

Age: 46

Location: Lehi, Utah

In my coaching practice, I primarily work with moms who want to lose weight. For a while, I’d been noticing that many of them were struggling to do the things I was trying to help them do—like get regular exercise, or be consistent with their nutrition habits. Stress and sleep issues were big roadblocks for them. So when I heard about the Precision Nutrition Sleep, Stress Management, and Recovery Certification, I immediately thought, ‘So many of the women I work with need help with this!’

Since completing the Certification, I’ve been able to help my clients in a much deeper way, and their transformations have been so impressive. For example, one of my clients deals with a chronic illness and chronic pain. That stuff isn’t going away, but we’ve worked on things like mindset, priorities, boundary setting, and practicing small habits throughout the day. She used to feel overwhelmed and like life was unmanageable. Now she tells me, “I’ve got this.”

Sleep and stress issues are like a log jam—they keep people from being able to reach their potential. Now, I can help my clients remove that jam, and after that, things fall into place. They don’t have to struggle so much to achieve their goals. Seeing them make the change is so rewarding. It’s why I do what I do.

“\textit{I found the log jam that was blocking my clients’ progress.”}

Excited to get started? Join our waitlist here.

QUESTIONS? Our certification advisors are available over phone, chat, or email.
Have questions?
We’re here to help!

We want you to feel fully informed (and excited!) when you sign up for this program. So, if you’ve still got questions, we’d love to help you get answers.

First, check out our FAQ page. There, we provide in-depth answers to our most commonly asked questions.

If you can’t find your answer there, we’ve got actual humans—who also happen to be experienced coaches themselves—who would love to speak to you.

We’re here to help.

Connect with one of our Certification Advisors however you prefer:

BY PHONE
+1 (877) 660-6464
Call us

BY LIVE CHAT
Speak to a live representative now!
Live Chat with us

BY EMAIL
certificationadvisor@precisionnutrition.com
Email us

If you’re pumped and ready to go, then we’d suggest you join our waitlist—if you haven’t already.

YES, GET ME ON THE WAITLIST!

Excited to get started? Join our waitlist here.

Change the industry.
Change lives.

If you want to stand out in the field of health coaching, and help your clients overcome the biggest obstacles they face today…

...Join us.
—The PN Team

“This certification isn’t just about how to sleep better, or why to have recovery shakes. It’s about how you can thrive as a human. To be honest, I would be selfish if I didn’t recommend this to any coach out there.”
—Ryan B., PN1-SSRC

“This course isn’t just about how to sleep better, or why to have recovery shakes. It’s about how you can thrive as a human. To be honest, I would be selfish if I didn’t recommend this to any coach out there.”
—Derek Arsenault
Owner of Zenergy Health and Wellness, PN1-SSRC

“I enjoyed this course so much and learned things I could implement immediately with both myself and my clients. I think this has been one of the few courses I was actually sad to finish!”
—Tiffany Heath
Nutrition Coach and Exercise Physiologist, PN1-SSRC, PN2-MHC

“I enjoyed this course so much and learned things I could implement immediately with both myself and my clients. I think this has been one of the few courses I was actually sad to finish!”
—Bethany Shields
PN1-SSRC, PN2-MHC

“This certification gave me SO many tools to investigate and improve my sleep, stress and recovery. I’m a better human because of it and my clients now get to learn and implement these skills too.”
—Deandre Sinette
Yoga Instructor, Certified Sleep and Behavior Coach, PN1-SSRC

“This certification gave me SO many tools to investigate and improve my sleep, stress and recovery. I’m a better human because of it and my clients now get to learn and implement these skills too.”
—Ryan B., PN1-SSRC

“If you want to stand out in the field of health coaching, and help your clients overcome the biggest obstacles they face today…

...Join us.
—The PN Team

“Sleep, Stress Management, and Recovery Certification is one of the most life-changing experiences I’ve ever gone through. You will TRANSFORM yourself and transform others. What are you waiting for? This is hell yes from me. You won’t regret it.”
—Ryan B., PN1-SSRC

“This certification gave me SO many tools to investigate and improve my sleep, stress and recovery. I’m a better human because of it and my clients now get to learn and implement these skills too.”
—Tiffany Heath
Nutrition Coach and Exercise Physiologist, PN1-SSRC, PN2-MHC

“This certification gave me SO many tools to investigate and improve my sleep, stress and recovery. I’m a better human because of it and my clients now get to learn and implement these skills too.”
—Bethany Shields
PN1-SSRC, PN2-MHC

“This certification gave me SO many tools to investigate and improve my sleep, stress and recovery. I’m a better human because of it and my clients now get to learn and implement these skills too.”
—Deandre Sinette
Yoga Instructor, Certified Sleep and Behavior Coach, PN1-SSRC

Sleep, Stress Management, and Recovery Certification is one of the most life-changing experiences I’ve ever gone through. You will TRANSFORM yourself and transform others. What are you waiting for? This is hell yes from me. You won’t regret it.”
—Ryan B., PN1-SSRC

QUESTIONS? Our certification advisors are available over phone, chat, or email.