

FOR IMMEDIATE RELEASE

## **THE BUSINESS OF SLEEP COACHING**

Expanded Globally Accredited Sleep Coach Certification Program for Healthcare Professionals

New York & California – September 15, 2020 – The International Parenting & Health Institute™ and START WITH SLEEP have entered into a strategic partnership to provide a globally accredited certification program for sleep coaching. Since 2009, the [International Parenting & Health Institute™](#) (IPHI) has been at the forefront of sleep education, offering cutting-edge, evidence-based training and preparation inclusive of all beliefs, cultures, lifestyles, and philosophies to provide global support for parenting and health professionals at all business stages.

The partnership with [START WITH SLEEP](#) will provide the foundation for expanding the program to provide continuing education for new and experienced healthcare professionals seeking advanced knowledge, the tools, support and training necessary to work with individuals in the most optimal, valuable, transformative and integrated way to resolve their sleep issues. The self-directed, online program provides a holistic approach to sleep identifying challenges and supporting individuals through lifestyle, environmental and behavior adjustments.

The [IPHI Integrative Adult Sleep Coach Certification Program](#) is rooted in the philosophy of the “Holistic Science of Sleep Method” created by IPHI founder and author of “[Awakening Through Sleep](#)”, Mar DeCarlo. The program provides graduates the tools to determine the most significant factors that are interfering with the body's natural rhythms and encourages lifestyle choices that put the science of sleep into action. It is our belief that through support and education, that we can raise not only awareness for this growing issue but provide individuals the tools necessary to help others successfully overcome the most common sleep problems and to engage them in understanding and learning techniques to improve the overall quality of their sleep.

The study of sleep health, while an emerging field has managed to elude many as there is both limited training in the healthcare field and lack of support to help individuals find the root cause of their sleep challenges. Many programs on the market try to generalize sleep solutions by collecting data that can often be misleading and does not provide the individualized support needed to address this growing concern that is so deeply connected to both managing and maintaining long term health.

The instructor leading the global training in the United States for the [Integrative Adult Sleep Coach Certification Program](#) is Sleep Health Educator and owner of [START WITH SLEEP](#), Soda Kuczkowski. She brings 14 years of experience working in the field of clinical and behavioral sleep medicine education to the program to help professionals understand the need for screening for sleep disorders and the insight into the impact environmental and lifestyle factors can have in creating them. Her business - START WITH SLEEP focuses on sleep health programming for hospitals, schools, and corporate wellness initiatives, as well as provides global consulting and coaching services.

She has experienced firsthand the lack of reliable resources available to the public to help them maneuver and manage their sleep challenges successfully and how difficult it can be when they cannot achieve it leading to compromised physical, mental and emotional health. She also brings 22 years of industry experience in education, business development and marketing to help mentor and grow this emerging field of health.

The IPHI Integrative Adult Sleep Coach Certification Program is currently available in English, Spanish, Portuguese and coming soon German.

If you are interested in learning more about the Integrative Adult Sleep Coach Certification Program or looking to enroll visit <https://iphi.teachable.com/p/integrative-adult-sleep-coach-certification-program/> for more information or email us at [iphisleep@gmail.com](mailto:iphisleep@gmail.com).

## ABOUT IPHI

The International Parenting & Health Institute™ (IPHI) was the first educational organization to become globally accredited and to offer an online program that provides integrative tools and solutions for adult and child sleep. They have been at the forefront of parenting and health education, offering integrative, holistic, cutting-edge training and preparation through an online learning format since 2009. They have over 3,000 graduates and 20 instructors and are currently represented in 46 countries and in 9 different languages including English, French, Spanish, Portuguese, Turkish, Russian, Chinese, Japanese, German, and Dutch.