

CERTIFICATE

OF COMPLETION

Jasmine Adler

Sleep and Cortisol: Beyond the Diurnal Rhythm

In this 60-minute webinar, Dr Alison Smith presents on adrenal and HPA axis function beyond free cortisol's diurnal rhythm to help you understand how this impacts sleep.

has completed the following course on 25th November 2024

AWARDED BY



MICHELE WILTON

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