

The Whole Human Method

Prepare. Regulate. Integrate. Create lasting change.

Regulate — 30-Day Program One-Sheet

A 30-day credentialed sleep and nervous-system education program. Ten to twenty minutes a day: a short lesson, a body check-in, a practice, and a private journal.

The four weekly themes

Week 1 — Safety — Establishing a felt sense of safety and a steady sleep window.

Week 2 — Stress Patterns — Naming the patterns that keep the nervous system switched on.

Week 3 — Habits — Small, repeatable sleep and daytime behaviors that hold.

Week 4 — Sustainable Change — Making the practice yours after the 30 days end.

What's included

- 30 daily lessons with written practice and reflection
- Daily check-in: mood, energy, sleep quality, stress
- Private journal — visible only to you, never to staff or admins
- Progress tracking, streaks, and completion badges at days 7, 14, 21, and 30
- Lifetime access — yours to return to any time
- 14-day refund policy, no questions asked

Tiers

Solo Regulate — \$197. The full 30-day program.

Regulate + Meal Plan Bundle — \$347. Adds five Day 1 meal plan templates (1200/1400/1800/2000/2200 calorie levels). Educational templates, not nutrition protocols.

Regulate Complete — \$497. Adds one free Intro Match (\$25 value) and a lifetime 15% Luz Specialty Coffee subscription perk.

Presented by

Jen J Snyder

Founder & Director, AAA Learning Institute | Sleep Technologist (RPSGT) |
BRPT-Certified Sleep Educator | Educator | NPC Bikini Competitor

AAA Learning Institute: Private Oregon-licensed school for psilocybin facilitator training — 162-hour program (62 hr live, 60 hr self-paced, 40 hr practicum at licensed Oregon Psilocybin Service Centers).

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Sleep content reflects BRPT Sleep Educator scope: sleep hygiene, sleep behavior change, and sleep disorder awareness. Not for diagnosing or treating sleep disorders. AAA Learning Institute is an Oregon-licensed school for psilocybin facilitator training — not a medical provider.

If you are in crisis, contact 988 Suicide & Crisis Lifeline (call or text 988) or your nearest emergency room.

Educational content. Not medical, psychological, or religious advice.