

NEILLWILLIAMS.COM

SLEEP

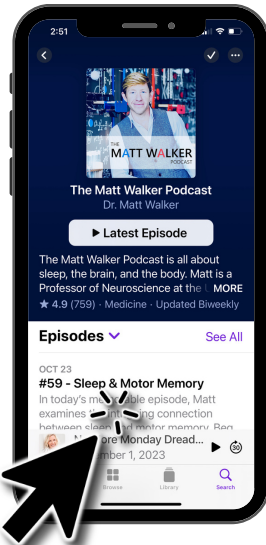
Toolkit



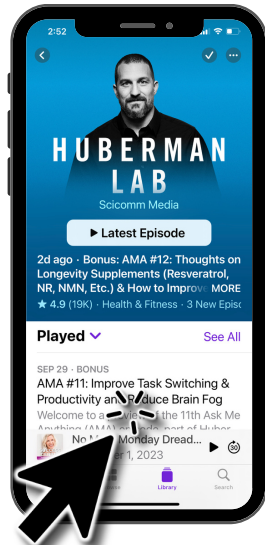
NEILL WILLIAMS

PERFORMANCE COACHING

PODCASTS

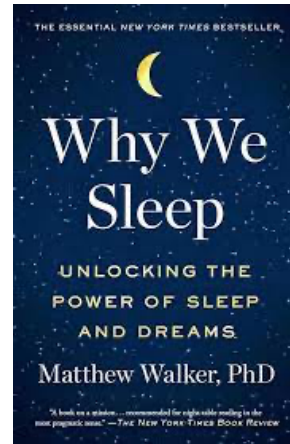


[THE MATT WALKER PODCAST](#)

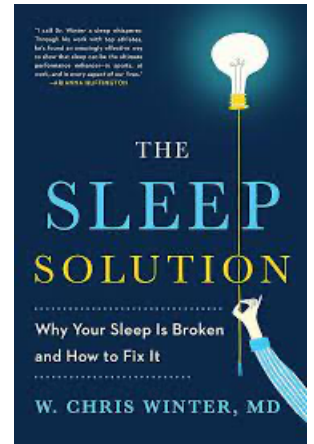


[HUBERMAN LAB](#)

BOOKS



[LINK](#)



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WEARABLES FOR SLEEP BIOMETRICS

OURA RING



[LINK](#)

GARMIN WATCH



[LINK](#)

WHOOOP



[LINK](#)

YOGA NIDRA



10 MINUTE
LINK



20 MINUTE
LINK



30 MINUTE
LINK

If you need to go to extreme measures to improve your sleep, check out:

Dr. Andy Galpin - Absolute Rest Program

