

# Sleep and Sales Performance | Workshop

In this workshop, Jeb Blount and sleep expert Jeff Kahn, discuss the direct impact that sleep has on sales performance and your health, along with tips and tactics for getting more and better sleep.

- [About this Course](#)



In this workshop, Jeb Blount and sleep expert Jeff Kahn, break down the direct connection between sleep and sales performance.

You'll learn the same techniques and tactics that elite athletes use to improve their health, quality of life, and on field performance with better sleep.

## You'll Learn:

- Why sleep is productivity rocket fuel
- How sleep impacts memory and brain function
- The bad things that happen when you don't get enough sleep
- The two laws of sleep
- How to improve your presentation skills with sleep
- How to instantly boost your attitude and mindset with sleep
- How to leverage your unique circadian rhythm to become more productive and enjoy your work
- The front loading technique
- How sleep impacts emotional intelligence and Sales EQ
- The origins of insomnia
- How to cure insomnia

## **COURSE DELIVERY**

14 Chapters | 47 Minutes

You may take this self-directed workshop at your own pace. The 47-minute workshop video is broken into 14 interactive chapters that allow you to easily skip to just the content you wish to view.