

# Wise & Well Webinar Follow-up Resources

## Your Sleep Optimization Toolkit



Thank you for joining us for our recent Wise & Well webinar, Your Sleep Optimization Toolkit. We hope you found the information to be helpful and educational.

- [Webinar Recording](#)
- [Slide Deck](#)
- [Sleep Optimization Toolkit Worksheet](#)
- [HRCI](#)

### **Additional resources:**

- [Time shifter – The Jet Lag App](#)
- [Insight Timer – Meditation and Sleep App](#)
- [Are You a Night Owl? Stanford Medicine on Mental Health for Night Owls](#)
- [Stages of Sleep - Sleep Foundation](#)
- [Sleep Toolkit: Tools for Optimizing Sleep & Sleep-Wake Timing - Huberman Lab](#)

### **Presenter Information:**

[Jackie McNamara](#), Vice President of Client Experience at WellnessIQ

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