



ROB SWEETMAN

“I am the best in the world at optimizing sleep, so you can perform at your best.”



ABOUT

Rob is a former Navy SEAL and world class sleep coach.

He has transformed the lives of hundreds of sleep clients and has worked with some of the most difficult cases. Whether you are a professional athlete or the CEO of a fortune 100 company, Rob can help you get the edge on life by optimizing sleep.

From staying awake for more than 5 days in Navy SEAL training, to long hours on deployments, to writing research papers on Sleep Science in Graduate School, Rob has experienced every level of sleep. Having Rob speak to your audience will have an immediate benefit and lasting impact.



WHY ROB?

Learn from one of the highest trained individuals in the U.S. Military. Explore concepts of extreme situations and how they can be applied to every day life. Rob has the ability to bring you directly into the moment and feel the the suffering and adversity we can all relate to. Rob leads from the front and always leaves the audience with a beautiful path forward to live their best life.

AVAILABLE TO SHARE EXPERTISE ABOUT

- ✓ Championship level competition
- ✓ Extreme Training and Navy SEAL “Hell Week”
- ✓ Dealing with extreme Adversity
- ✓ Recovering from significant injuries
- ✓ Learning how to manage Change
- ✓ Living an Optimal Life with good Sleep habits
- ✓ Managing Productivity and Profitability through Sleep

HELP YOUR AUDIENCE

- ✓ Be inspired by Rob’s Story of Injury and Recovery
- ✓ Learn leading sleep science to feel your personal best
- ✓ Walk away with an action plan to optimize productivity within your organization



I had no idea how much sleep was affecting my day to day. Rob spoke to us at our level so we could understand how to get sleep with our busy schedule.”

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