

Dr. Michael Breus

The Sleep Doctor

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Topics

- Fitness / Diet / Nutrition
- Healthcare
- Men's Health & Issues
- Mental Health / Psychology
- Wellness
- Women's Health & Issues

About Dr. Michael Breus

Michael J. Breus, Ph.D., is a Clinical Psychologist and both a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine. He was one of the youngest people to have passed the Board at age 31 and, with a specialty in Sleep Disorders, is one of only 168 psychologists in the world with his credentials and distinction. Dr. Breus is on the clinical advisory board of The Dr. Oz Show and is a regular contributor on the show (35+ times).

Dr. Breus is the author of the new book *The Power of When*, (September 2016) his third book (#1 at Amazon for Time Management and #1 in Happiness, #28 overall) which is a ground breaking bio-hacking book proving that there is a perfect time to do everything, based on your hidden biological chronotype. Dr. Breus gives the reader the exact perfect time to have sex, run, a mile, eat a cheeseburger, ask your boss for a raise and much more.

His second book *The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep* (Rodale Books; May 2011), discusses the science and relationship between quality sleep and metabolism. His first book, *GOOD NIGHT: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health* (Dutton/Penguin), an Amazon Top 100 Best Seller, has been met with rave reviews and continues to change the lives of readers.

Dr. Breus has supplied his expertise with both consulting and as a sleep educator (spokesperson) to brands such as Princess Cruise lines, Six Senses Hotel and Spa, Lighting Science Group, Advil PM, Breathe Rite, Crowne Plaza Hotels, Dong Energy (Denmark), Merck (Belsomra), and many more.

For over 14 years Dr. Breus served as the Sleep Expert for WebMD. Dr. Breus also writes The Insomnia Blog and can be found regularly on, The Huffington Post, Psychology Today, Sharecare, and The Oz Blog.

Dr. Breus has provided editorial services for numerous medical and psychology peer-reviewed journals and has given hundreds of presentations to professionals and the general public. He has published original research and worked on grant funded projects and clinical trials.

Among his numerous national media appearances, Dr. Breus has been interviewed on CNN, Oprah, The View, Anderson Cooper, Rachel Ray, Fox and Friends, The Doctors, Joy Behar, The CBS Early Show, The Today Show, and Kelly and Michael. He is an expert resource for most major publications doing more than 1000 interviews per year (WSJ, NYT, Washington Post, and most popular magazines). He also appears regularly on Dr. OZ and Sirius XM Radio.

His topic of expertise is the science of sleep. He has been interviewed about:

- Recent Research in the field of Sleep Medicine (opinions on recent journal publications),
- Consumer products for sleep (mattresses, pillows, sheets, sound machines, air quality, aromatherapy, etc.),
- Sleep Disorders (Apnea, Narcolepsy, Insomnia, Restless Legs, Limb Movements, and all 88 sleep disorders), including Children's Sleep,
- Sleep Hacking for Peak Performance (bio-hacking your sleep, how athletes use



sleep, executive sleep practices for busy CEO's)

Dr. Breus has been in private practice for 16 years and recently relocated his practice to Los Angeles. You can see him doing his weekly Facebook live on Wake Up Wednesday's at 730am PST.

Select Keynotes

- **The Exhausted Executive Awakens! (for Business Leaders)**

This insider's view of Sleep Coaching is filled with case studies and real-world examples of how Dr. Breus "tweaks" sleep for his highest net-worth clients. It all begins with a proprietary Sleep Assessment, which includes personalized genetic testing, blood work, medication/supplement review, in-home sleep testing, Chronorhythm identification and current sleep tracking. You will follow John, a 45 year old, fatigued CEO, who can't turn his brain off at night, travels weekly, and reports feeling terrible in the mornings, but needs to push on through his day. Together you'll review how he is now getting a "Sleep Edge." Sharing this is a never-before-seen aspect of Dr. Breus's practice. (60-90 minutes with an optional add-on of Q&A)

Your attendees will leave this session with new insights and skills to:

- Shut off their brain and sleep better
- Understanding how to manage your hormones and biological rhythms
- Best practices for good sleep every night, even when traveling

- **Sleep Is Your Secret Weapon (for Sales Leaders)**

Your attendees will get an in-depth look at how elite athletes and C-level executives use sleep as their secret weapon, including how they deal with jet lag, catch up on sleep, and reduce their need for sleep.

Your attendees will leave this session with new insights and skills to:

- Learn how to identify your personal bedtime and rise time
- Apply 5 habits during the day that will improve their sleep at night
- Get a free personalized jet lag protocols for your next trip abroad.

- **Sleep Better, Do More (Workplace Productivity – for All Employees)**

Chronotherapy: There is a Right Time to do Everything Here, Dr. Breus introduces an old idea in a very new way. It turns out that each of us has a unique bio-time for our circadian rhythm (Chronotype). You may already know about two of these: early bird and night owl. Did you know that actually FOUR exist? These types are hard-wired into our biology and hormones. With over 300 evidence-based studies, Dr. Breus gives a fun and enlightening journey through the basis of his book: The Power of When. Wouldn't you like to learn "When" to:

- Brainstorm and come up with the ultimate idea
- Take your medications for maximum effectiveness
- Have your coffee at its highest level of effectiveness
- Drink alcohol and not feel it the morning after
- Make a deal with the highest profit...and so much more!

Your attendees will leave this session with new insights and skills to:

- Learn when to brainstorm and come up with the ultimate idea
- Make a deal with the highest profit potential
- When to drink coffee for the greatest mental effectiveness
- When to do anything based on your unique chronotype for the very best result

Select Book Titles

- **2016:** The Power of When
- **2011:** The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep
- **2006:** GOOD NIGHT: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health