



## 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 163 psychologists in the world with his credentials and distinction. Dr. Breus is on the clinical advisory board of The Dr. Oz Show and appears regularly on the show (>30 times in 4 years).

Dr. Breus is the author of *The Power of When: Learn the Best Time to Do Everything*. 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. It is now available in paperback as *BEAUTY SLEEP: Look Younger, Lose Weight, and Feel Great Through Better Sleep*.

As the subject of sleep continues to gain momentum in our sleep-deprived society, Dr. Breus has become a widely recognized leader in this ever-evolving field. Dr. Breus has lectured hundreds of times for fortune 500 and 100 companies, to executive teams, and entire employee populations. He works with Employee health groups to help ensure sleep health is a priority offering scalable solutions.

Dr. Breus was recently asked by The National Sleep Foundation to be the inaugural Sleep Technology Ambassador at Health 2.0 a cutting edge health technology conference.

Dr. Breus has supplied his expertise with both consulting and as a sleep educator (spokesperson) to brands such as Advil PM, Breathe Rite, Crowne Plaza Hotels, Dong Energy (Denmark), Merck (Belsomra), and many more.

For over 14 years Dr. Breus has 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.

*THE POWER OF WHEN: Working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun.*

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 100 interviews per year (WSJ, NYT, Wash Post, and most popular magazines). He also appears regularly on Dr. OZ and Sirius XM Radio.

Dr. Breus has been in private practice for 16 years and recently relocated his practice to Los Angeles.