



## ABOUT The Sleep Doctor™ 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.