

If you are ready to seriously hack your sleep and start getting the most out of your life, Dr. Breus is the missing piece you've been waiting for.

Sleep, Health, and Performance Expert and BioHacker

Behavioral Sleep Specialist

Clinical Psychologist

Author

Speaker



THE
SLEEP DOCTOR

MICHAEL J. BREUS, PhD

WHAT CLIENTS ARE SAYING:

"Dr. Breus has transformed my ability to get results in my business. My whole life had been one long, tired story until I heard him speak and started working with him one on one. In just a few months time, I am now experiencing a level of restful sleep I had previously resigned myself to believing was impossible. I highly recommend Dr. Breus to anyone who wants to get the most out of their own performance."

- *CEO, Aviation Industry, Vistage Member*

"Dr. Michael Breus is not just *The Sleep Doctor*, he is MY sleep doctor. He has spoken for me to help raise money for my charities and has educated millions of people. He is fun, informative, and engaging."

- *Dr. Mehmet Oz, M.D. Heart Surgeon, TV Host, Bestselling Author, The Dr. Oz Show*

"The lecture was beyond our expectations. It was absolutely one of the most engaging events that we've had in our YPO chapter. My phone has been blowing up all morning with positive feedback. I look like the hero, although I didn't deliver the talk. I just brought the best speaker in the world to our venue. I can't wait to explore how we can bring Dr. Breus back."

- *YPO Chapter Educational Chair, Business Owner, Manufacturing Industry*

Dr. Breus is blazing a new trail of not just evaluating sleep disorders, but actually **teaching Sleep Optimization**. Using research from his work with Professional Athletes, Corporate Executives, and Genetic Sleep Screening, his non-pharmacological techniques, collected from all over the world, have a **rapid effect on your current sleep quality**, without compromising your lifestyle. Dr. Breus's direct, no-BS style is not for everyone, but for the people he does work with, he creates **unprecedented results**.

Topic details can be found on the following page. A limited number of speaking engagements are available. Email today to see if your preferred time is still open. Speaking@thesleepdoctor.com

speaking@thesleepdoctor.com

www.thesleepdoctor.com/speaking

MOST POPULAR TOPICS

All talks are 120 minutes, including a Q&A session, unless otherwise noted.

The Exhausted Executive

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)

Sleep for Peak Performance

This shorter talk provides participants with an understanding of the basic science of sleep. You'll 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. (45 minutes, with an optional add-on of Q&A)

Sleep Compatibility: How to be Better in Bed

Dr. Breus created this super fun and engaging way for couples to see if they are sleep compatible. Participants start by answering a quick, 20 question quiz about themselves and their partner. Dr. Breus goes through the quiz, participants share their answers, and then learn solutions to the most common sleep compatibility problems.

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:

- Have your best sex
- 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!

Sleep and Workplace Productivity

Dr. Breus will give participants an understanding of how sleep can affect their business bottom line. You will review the potential HR issues of sleep disorders, the sleep deprivation related productivity issues many companies face, how sleep affects leadership/management roles, and how Chronorhythms can be leveraged to improve productivity. Includes an eBook on Sleep and Workplace Productivity.

How to Create the Perfect Sleep Environment

Have you ever wondered which of the many sleep tools on the market actually work? What ones are right for your needs? Based on the 5 Senses, Dr. Breus reviews how each "sense" affects sleep (Light, Sound, Touch, Smell, and Taste) and gives specific product recommendations for everyone. The extra Q&A time allows participants to get the feedback normally only available in his one-on-one sleep coaching program.

Sleeping Through the Ages: Babies to Seniors

Participants take a special look at how children affect an adult's sleep and how important a child's sleep is for their mental and physical development. Dr. Breus outlines normal sleep at each age, top childhood sleep problems, protocols to help fix these at home, and when to consult a sleep specialist. In addition, you will discuss sleep in the aging population, some of the unique characteristics of this group, and solutions that can be quite helpful. Includes an eBook on *Sleeping Through the Ages*.

The Sleep Doctor's Diet: Lose Weight Through Better Sleep

Based on Dr. Breus' Amazon Top 100 selling book, he provides participants with an understanding of the basic science of sleep deprivation and effects on metabolism. The audience will understand their cravings, hunger hormones, and why they are sleep deprived. You will get a Five-Step plan that can be used with any diet to make it more effective.

Sleep Strategies for Building Resilience

You will learn how sleep deprivation influences your resilience and some practical strategies to optimize your sleep and resilience. Dr. Breus will inspire the audience to understand how their personal resilience is affected by sleep in general and their sleep specifically, and then look to take action to improve their sleep and resilience. This talk includes an eBook for the audience.

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 who passed the Medical Sleep Specialty Boards without going to medical school. Dr. Breus is on the clinical advisory board of The Dr. Oz Show and is a regular contributor on the show.

Dr. Breus has been in private practice for 19 years and recently relocated his VIP Concierge Sleep Service practice to Los Angeles. Dr. Breus lectures all over the world for private groups and well known organizations including: AT&T, YPO, Milken Institute, Google, The World Aviation Training Summit, Princess Cruises, hospitals, and financial institutions. Dr. Breus does over 200 interviews each year with various digital, television, and radio media outlets including: Today Show, The Dr. Oz Show, Rachel Ray Show, The Doctors, KTLA, Headline News, CNN, GMA, NYTimes, WSJ, Time Magazine, including many repeat appearances.