

# Dr. Michael Breus – Speaking Topics

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## **Sleep better, Do More (For Workplace Productivity- 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

## **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

## **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.

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