

## **HUFFPOST**

[10 Sleep Myths Debunked](#)

[A New Bedtime Routine for Children](#)

[Success in 2013 Starts with a New Year's Sleep Resolution](#)

[Can a Mattress Really Impact Your Sleep?](#)

[Couple Sleep is Best-Here's How to Make It Better!](#)

[Don't Skip Sleep to Score High on Finals](#)

## **Entrepreneur**

[5 Strategies for Waking Up On Time](#)

[5 Common Sleep Myths Debunked](#)

[6 Types of Tech That Can Help You Sleep Better](#)

## **Los Angeles Times**

[Better sleep requires a better routine, and perhaps an upgrade to your pillows and PJs.](#)

## **Newsweek**

[3 Easy Tips for Sleeping Better](#)

## **THE DOCTORS**

[It's All in Your Bed!](#)

[Buying a Mattress](#)

[Bed Fitting](#)



[How Does Sleep Deprivation Affect Your Health?](#)

## **TODAY**

[Tired of Tossing & Turning in Your Sleep Every Night?](#)

[Health Aides, Lawyers are the Most Sleep Deprived](#)

[9 Tips for Bedtime Peace & A Good Night's Sleep](#)

## **THE OPRAH MAGAZINE**

[How Does Sleep Deprivation Affect Your Health?](#)



How to take a nap that will actually boost your energy  
Lighting, temperature and timing make all the difference.



Learn How to Stop Waking Up with Back Pain  
Ease into your day with a few simple back stretches to prevent slipped discs right after waking up.



Sleep Apnea Patients: Sleep Alone at Your Own Risk!  
How sleep apnea can go untreated and the best kinds of mattresses for sleep apnea patients.



How to Keep a Spring in Your Step with Daylight Savings Time  
Keeping the bedroom cool, exercise timing and more to help you maintain your energy during Daylight Savings.



4 Surprising Sleep Hacks You Haven't Heard of Before  
Cherry juice, magnesium and other less-heard-of sleep techniques.



Is it Really Good for You to Sleep In?  
The benefits of a consistent sleep cycle and how it affects your cognition.



**Dr. Oexman is on a lifelong mission to educate people around the world about sleep.**

AS SEEN ON

