

## **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](#)

## **FOX NEWS**

[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**

[5 Health Mistakes You're Making Before 9 a.m.](#)



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

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[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.

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[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.

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[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.

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

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

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

AS SEEN ON

