



Dr. Robert Oexman

Dr. Oexman is on a lifelong mission to educate people around the world about sleep. From setting up one's perfect bedroom environment to educating clients about the benefits of cognitive behavioral therapy, the breadth of his experience is vast.

AS SEEN ON



CEO and founder of Somly, a telemedicine company helping people beat insomnia using Cognitive Behavioral Therapy.

Audiences have called upon Dr. Oexman's expertise for lectures and interviews across 40 countries. In addition, he has been an expert guest on radio and television programs like the Today Show and Fox TV.

Over the years, he has managed research studies at the Stanford University Sleep Research Center, Harvard Sleep Research Center, Toronto University Sleep Research Center and Research Triangle International.

Prior to founding Somly, Dr. Oexman managed a sleep research facility. There he employed sleep and engineering technicians to study the impact of the environment and pain on human sleep. He also managed a medical and research division for a Fortune 500, multi-national company. While there, he developed and patented unique testing equipment for monitoring sleep, measuring the human body, and remotely monitoring vital human statistics.

With such a breadth of clinical, educational, and research-based experience, Dr. Oexman is equipped to provide a wealth of invaluable insight about both insomnia and sleep for a wide variety of audiences.