



## Dr. Sophie Bostock

### The Sleep Scientist

*"A passionate advocate for the importance of sleep"*

Dr. Sophie Bostock is a Sleep Evangelist on a mission: to help millions of people to help improve their health and performance, by unlocking the science of sleep and circadian rhythms. She has always been intrigued by what makes us feel good and perform at our best.

#### TOPICS:

- Sleeping with Stress & Uncertainty: How to Take Back Control
- Powerful Strategies to Overcome Insomnia
- Sleep & Anxiety: How to Tackle Both
- Is Sleep the Secret to Health and Happiness?
- Sleeping for Peak Performance
- Banish the Winter Blues
- Digital Health

#### LANGUAGES:

She presents in English.

#### IN DETAIL:

Sophie has always been intrigued by why what makes us feel good and function well. She studied medicine at Nottingham University, followed by an MSc in Entrepreneurship. After several years in consulting, she completed a PhD in Health Psychology at University College London, investigating why happiness protects against heart disease, and how to improve wellbeing at work. Sophie's research pointed to sleep an unsung hero of mental and physical resilience. She spent the next 5 years working on Sleepio, Big Health's award-winning digital sleep improvement programme, first as a research scientist, then UK Innovation Lead. Sophie regularly features as a media sleep expert, most recently on the ITV's This Morning, and the ITV documentary "Why Can't We Sleep?"

#### WHAT SHE OFFERS YOU:

Sophie provides keynote conference talks, consultancy and coaching for teams and individuals to help them adapt daily routines, sleep environment and habits, to improve wellbeing and performance.

#### HOW SHE PRESENTS:

A passionate scientist and outstanding communicator, Sophie Bostock brings tremendous enthusiasm about the importance of sleep to each event.