



★ PRO SPEAKER

Dr. Matthew Walker

AUTHOR

Sleep scientist and bestselling author helping audiences unlock the transformative power of sleep for better health, performance, and longevity.



VISIT MATTHEW'S WEBSITE

About:

- **Gender:** Male
- **Nationality:** United Kingdom
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Speaking

Biography Highlights

- Founder and Director, UC Berkeley's Center for Human Sleep Science
- NYT Bestselling Author, 'Why We Sleep'
- Professor of Neuroscience & Psychology

Biography

Preeminent neuroscientist and psychologist Dr. Matthew Walker is a celebrated sleep expert. A Professor of Neuroscience and Psychology at UC Berkeley, Dr. Walker is also the founder and director of the school's Center for Human Sleep Science. Dr. Walker's *New York Times* bestseller, *Why We Sleep: Unlocking the Power of Sleep and Dreams*, was hailed as an "important and fascinating book" by Bill Gates. Dr. Walker has received numerous funding awards from the National Science Foundation and the National Institutes of Health and is a Kavli Fellow of the National Academy of Sciences. In 2020, Dr. Walker was awarded the Carl Sagan Prize for Science Achievements. At the intersection of science and industry, Dr. Walker has served as scientific counsel for numerous technology companies, including Google, Hello, and

Topics:

- Employee Wellbeing
- Health & Wellbeing
- Leadership & Management
- Mental Health in the Workplace
- Peak Performance
- Stress Management
- Work-Life Integration
- Workplace Psychology

Fitbit. Dr. Walker translates his work for any industry and audience, offering his insights to business leaders, technology firms, and medical and healthcare professionals.

Dr. Walker discusses the impact of sleep on human health and disease in a way that is digestible for any audience and provides tangible takeaways on wellness and peak performance. Dr. Walker has shed light on his groundbreaking research everywhere from Google to TED, where his talk “Sleep is Your Superpower” has 20M+ views. Dr. Walker has spoken about sleep to hosts such as the Cognitive Neuroscience Society, TED, Google Zeitgeist, and many more.

Websites:

- [Sleep Diplomat](#)

Podcasts:



[The Matt Walker Podcast](#)

Videos





Matthew's Topics

'Why We Sleep'

According to neuroscientist Dr. Matthew Walker's New York Times bestseller *Why We Sleep: Unlocking the Power of Sleep and Dreams*, sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Drawing on *Why We Sleep*, Dr. Walker gives audiences a new understanding of the vital importance of sleep and dreaming.

Available: In person, Virtually

Sleep is Your Superpower

In this deep dive into the science of slumber, Dr. Matthew Walker shares the wonderfully good things that happen when you get sleep - and the alarmingly bad things that happen when you don't, for both your brain and body. Charting cutting-edge scientific breakthroughs, and synthesizing decades of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels; prevent disease; slow the effects of aging; increase longevity; enhance the education and lifespan of our children, and boost the efficiency, success, and productivity of our businesses.

Available: In person, Virtually

Sleep Optimization for High-Pressure Roles

In this practical presentation, neuroscientist Dr. Matthew Walker lays out the foundations of a good night's sleep for audiences in high-pressure roles. From executives to first responders, anyone making an impact will benefit from Dr. Walker's scientific advice for a good night's rest.

Available: In person, Virtually

Testimonials

“

It was absolutely perfect! Matt is such a delight to work with and the audience loved, loved his presentation.

The Cooper Companies

“

The event was a great success and everybody was so happy with it! His speech was informative and inspiring as we told Matt, and he was in every way fantastic – such a gentleman and comfortable to work with.

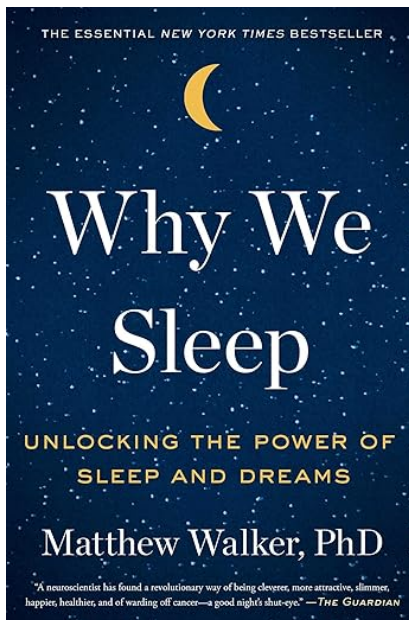
Ysland

“

The event went very well- Matthew was a delight to work with and the webinar was very popular.

Genentech

Books



Why We Sleep: Unlocking the Power of Sleep and Dreams

Health, Wellness & Lifestyle

Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. Compared to the other basic drives in life—eating, drinking, and reproducing—the purpose of sleep remained elusive.

[BUY THE BOOK](#)

Speaker Bureaus And Talent Agencies

Dr. Matthew Walker is available to book via these agencies

✔ Recommended

EXCLUSIVE



Speaking Agency