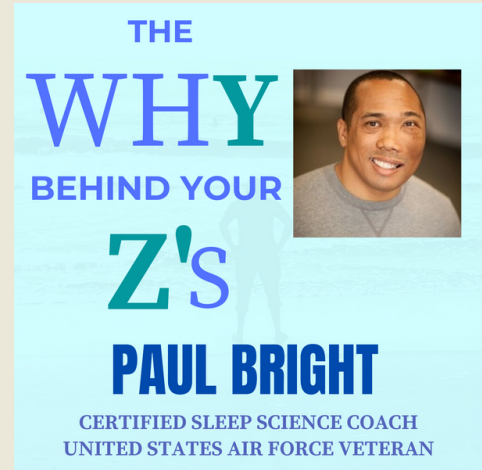


Paul Bright

- ***The Why Behind Your Z's* Podcast Host**
- **Certified Sleep Science Coach**
- **Active Duty Air Force Veteran**



MY STORY

While serving in the active duty Air Force (1997-2008), I suffered from several sleep disorders that continued past my service. This included sleep paralysis, sleep anxiety, insomnia, and panic attacks in the middle of the night. I researched peer reviewed journals while in grad school (Masters Degrees in Counseling; Organizational Leadership) and learned how to address my disorders until they no longer became a major obstacle in my well-being. Throughout this period, I became a certified sleep science coach and developed a holistic system that helps people improve their sleep one night at a time.

Sample Sleep Topics for Discussion

Sleep Anxiety
Nutritional Support
Bedroom Arrangement
Sleep Paralysis
Supplements
Fitness Recovery

Leadership
Military Veterans
Mental Health Workers
Social Service Workers
Memory Improvement
Nature

Contact Info

sleepcoachpaul@sleepyoudeserve.com

