

**Nancy H. Rothstein, MBA**  
**The Sleep Ambassador®**  
**Director of Sleep Health at Resonea®**  
**- BIO -**

**Educational Degrees:**

Nancy Rothstein has a B.A. from The University of Pennsylvania and an M.B.A. from the University of Chicago Booth School of Business.

**Sleep Wellness Expertise and Consulting:**

As [The Sleep Ambassador®](#), Nancy inspires a new respect for sleep and its impact on all aspects of work, life and well-being. Through consulting to companies and organizations, public speaking, media engagements, writing, and other avenues, she presents strategic solutions selected to empower people to make sustainable shifts to optimize their sleep quality and quantity for themselves, their families, their employers, and for society.

Nancy consults and lectures on Sleep Wellness to Fortune 500 corporations, the travel industry, universities/schools and to organizations, reflecting her dedication to educating and raising awareness about the importance of sleep to live at your best. As the [Director of Sleep Health at Resonea](#), Nancy and the Resonea team offer research-based sleep programming for employees at corporations and organizations. The program includes [Sleep Well/Live Well](#), the sleep improvement program which she created. As Nancy sees it, sleep is a risk management issue beckoning the attention of corporate management. With decades of experience in the financial and corporate sectors, Nancy brings an understanding of how sleep impacts performance, productivity, profitability, safety, health and health care costs, for both employers and their employees. Her compelling Sleep Wellness presentations and training are customized for the audience and workforce she is addressing. She brings strategic initiatives, solutions, and tools selected to empower people to make lasting shifts to optimize their sleep quality and quantity.

Nancy collaborates with recognized sleep researchers, sleep medicine clinicians, and dental sleep experts, as well as with other leaders, organizations and resources in the field of sleep. She has also authored articles and white papers about sleep and is often interviewed by the media. With a dedication to the health, learning and development of children, Nancy actively supports Sleep Wellness research and programming initiatives for children and schools by advancing awareness and solutions for teachers, parents and children of all ages to mitigate learning, developmental, behavioral and health risks associated with inadequate sleep and sleep disorders.

Nancy recently completed her term as a member of the [NIH's Sleep Disorders Research Advisory Board](#), an appointment recognizing her expertise in the field of sleep and role as a public and patient advocate. Serving as a member of the Board of the [American Sleep Apnea Association](#) for nearly a decade, as well as currently serving on the Steering Committee of [MyApnea.org](#) and the Board of Directors of the [Foundation for Airway Health](#) further reflect Nancy's stature in the field of sleep and her dedication to diagnosis and treatment of sleep disorders, as well as her commitment to improving people's sleep and lives.

As a **LinkedIn Learning** instructor, Nancy's course, [Sleep Is Your Superpower](#), has engaged nearly 200,000 sleepers. Inspired by personal experience, Nancy authored *My Daddy Snores*, a children's book published by Scholastic Inc. To date, the book has sold over 400,000 copies.