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Matthew Walker, Ph.D., is professor of neuroscience at the University of California, Berkeley. Walker is the author of The New York Times and international bestseller *Why We Sleep: Unlocking the Power of Sleep and Dreams*, which was recently listed by Bill Gates as one of his top five books of the year. Matt Walker’s TED Talk, “Sleep is Your Superpower,” has garnered more than 20 million views. He has received numerous funding awards from the National Science Foundation and the National Institutes of Health.

In 2020, Walker was awarded the Carl Sagan Prize for Science Achievements. Walker’s research examines the impact of sleep on human health and disease. He has been featured on numerous podcasts (e.g., Andrew Huberman, Joe Rogan), television and radio outlets, including CBS’ “60 Minutes,” National Geographic Channel, NOVA Science, NPR, and the BBC. He is also the host of the 5-star-rated podcast, The Matt Walker Podcast.