

Andrew Colsky, JD, LPC, LMHC, Launches "Sleep Science Today" Radio Show as "The Sleep Science Guy"

Renowned Sleep Expert Unveils Innovative Platform to Bridge the Gap Between Science and Everyday Sleep Solutions

ARLINGTON, VA, UNITED STATES, December 4, 2024 /EINPresswire.com/ -- Andrew Colsky, JD, LPC, LMHC, nationally recognized as "The Sleep Science Guy," is thrilled to introduce "[Sleep Science Today](#)," a groundbreaking radio show aimed at demystifying sleep science and empowering individuals to achieve better health through quality rest. Known for his expertise in behavioral sleep therapy and mental health, Colsky brings a unique perspective to the intersection of sleep science, public education, and advocacy.

This dual initiative—combining Colsky's authoritative personal brand with a dynamic, audience-focused program—seeks to transform how the public understands and prioritizes sleep. With evidence-based insights, accessible advice, and engaging guest discussions, "Sleep Science Today" is poised to become a cornerstone of public education on sleep health.

A Visionary Voice in Sleep Science

Andrew Colsky's expertise spans over 15 years as a licensed clinician specializing in cognitive behavioral therapy for insomnia (CBT-I) and nightmares (CBT-N). As the founder and CEO of the National Sleep Center, Colsky's work highlights sleep as a critical, yet often overlooked, pillar of overall wellness. His unique background, which integrates legal advocacy and clinical expertise, has positioned him as a thought leader in the field.

"As a society, we've started to recognize the importance of diet and exercise, but sleep remains



the missing piece of the puzzle,” says Colsky. “Through ‘The Sleep Science Guy’ brand and ‘Sleep Science Today,’ I want to ensure that accurate, actionable sleep science reaches everyone—from those struggling with chronic sleep issues to health enthusiasts aiming to optimize their well-being.”

"Sleep Science Today" – A Platform for Public Engagement

Colsky’s new radio show, "Sleep Science Today," provides an engaging space for scientific exploration, personal stories, and practical advice on sleep health. Each episode features conversations with leading scientists, healthcare professionals, and individuals sharing real-world experiences with sleep challenges.

Key topics include:

- The science of circadian rhythms and sleep cycles.
- Strategies to overcome insomnia and nightmares.
- Sleep’s connection to mental and physical health.

The impact of technology on sleep.

Innovations in sleep tracking and wearable devices.

Unlike his personal brand, "The Sleep Science Guy," which focuses on advocacy and education through speaking engagements and one-on-one consulting, "Sleep Science Today" emphasizes collaborative dialogue with diverse voices. Together, the two entities create a synergistic approach to making sleep science accessible and actionable for a wide audience.

Why Sleep Matters: A Public Health Imperative

Research reveals that nearly one-third of the global population suffers from sleep-related challenges, with far-reaching consequences for mental health, physical health, and productivity. Colsky, who has completed a mini-fellowship in sleep science at the University of Pennsylvania Perelman School of Medicine, underscores the urgency of addressing this issue.

“Sleep is the foundation of health,” Colsky explains. “It affects everything from cognitive function and emotional well-being to immunity and chronic disease prevention. ‘Sleep Science Today’ is my way of ensuring that the latest research and solutions reach the public in a meaningful and inspiring way.”

About Andrew Colsky – "The Sleep Science Guy"



Andrew Colsky's personal brand as "The Sleep Science Guy" reflects his role as a trusted educator and advocate in the sleep science community. Through social media, public speaking, and partnerships with leading health organizations, Colsky shares practical, science-based insights to help people achieve healthier sleep. Recent collaborations, including his work with the Virginia Academy of Sleep Medicine and the Society of Behavioral Sleep Medicine, demonstrate Colsky's leadership in the field. By combining clinical expertise with advocacy, he continues to shape the public dialogue around sleep health.

Discover the Power of Sleep Science

Together, "The Sleep Science Guy" and "Sleep Science Today" aim to revolutionize how individuals and communities approach sleep. Whether through educational content, engaging radio episodes, or direct consultation, Colsky offers evidence-based solutions that empower people to take control of their sleep and, by extension, their lives.

Tune into "Sleep Science Today" and join Andrew Colsky on this journey to transform sleep health. For more information or to connect with Colsky for consulting, public speaking, or media inquiries, visit:

- sleepsciencetoday.com
- sleepscienceguy.com
- Social media: @SleepScienceToday | @SleepScienceGuy

About Andrew Colsky

Andrew Colsky, JD, LPC, LMHC, is a distinguished sleep expert, licensed mental health clinician, and advocate for accessible sleep science. Known as "The Sleep Science Guy," Colsky's work emphasizes evidence-based solutions for sleep disorders and promotes sleep as a vital part of overall health. As the founder of the National Sleep Center and host of the "Sleep Science Today" radio show, Colsky is a leading voice in sleep science education. For further information and to stay up to date on sleep trends follow @SleepScienceToday @SleepScienceGuy or visit sleepsciencetoday.com or sleepscienceguy.com.

For media inquiries or to book Andrew Colsky for speaking engagements, please contact: The JKO Agency, LLC., Jessica Kopach at jessica@thejkoagency.com.

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