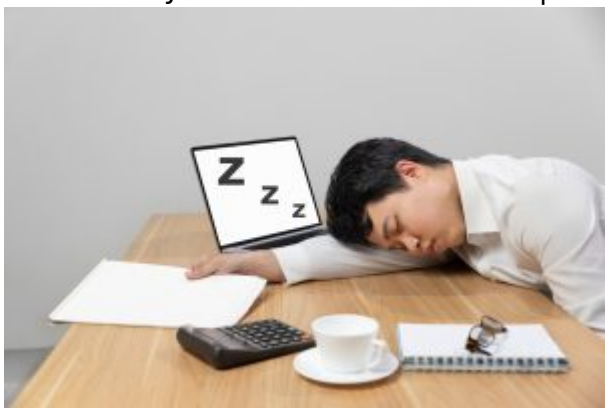
# The Science of Sleep: Improving Rest and Rejuvenation

written by Dr. Ronald Hoffman | March 10, 2026




Struggling to get a good night’s rest? Noted integrative physician Dr. Jacob Teitelbaum has expert tips on achieving quality sleep, tackling insomnia, and understanding sleep disorders. Dive into the science of sleep. Don’t miss it!