

## **Dr. Audrey Wells**

Dr. Wells is a triple-board-certified physician in sleep medicine, obesity medicine, and pediatrics, with clinical experience spanning two decades. As a leading expert in sleep health for both children and adults, she specializes in diagnosing and treating sleep disorders while also helping individuals optimize their energy, focus, and overall well-being. Beyond the clinic, Dr. Wells has led innovative sleep health initiatives in both clinical and digital health spaces, shaping practical and sustainable solutions for better sleep and wakefulness. A sought-after speaker and thought leader, she brings science-backed insights to diverse audiences, from medical professionals to business leaders and parents—empowering them with the tools to improve sleep and life-long health.