

SLEEP Unplugged

The Sleep Unplugged podcast was launched in June of 2022 as a weekly show highlighting the dynamic field of sleep science. 113 listeners downloaded the pilot episode. Now, in our 4th season, the podcast has grown dramatically with over 350,000 episode downloads and listeners all over the world.



TOP EPISODES

- Episode 5 – Mild Sleep Apnea: Death By CPAP (4970 downloads)
- Episode 26 – Narcolepsy: The Rare Sleep Disorder That Isn't (4319 downloads)
- Episode 2 – Insomnia: It's Not What You Think It Is (4196 downloads)
- Episode 1 – Welcome/Introduction to Sleep Unplugged (4070 downloads)
- Episode 41 – How To Shut Off Your Racing Mind: It's Late, You Can't Turn Out The Lights (3456 downloads)

OUR SPONSORS

- Authenticity50 bedding
- Ayo lighting
- Bee Ulmo
- Blueair purifiers
- Dagsmejan sleepwear
- Grounding Well
- Loftie
- Natrol
- Nest bedding
- Pluto
- Sia Silk Masks
- SideSleeper Z masks
- Sleep Reset
- Sleeping Dove
- WikiSleep
- zDen portable sleep environment

MEDIA APPEARANCES (100+)



OUR STATS

Total Downloads
354,000

Countries Where We
Have Ranked Top 10
"Medical Podcast"
27

Highest US Ranking in
"Medical Podcasts"
11

YouTube Views
55,520

4.7 Rating

as of 3/15/2026

LET'S COLLABORATE!

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