



Sleep coach, Head physician in anaesthesia and intensive care, Author

Dr. med. Martin Schlott

Martin Schlott, MD, is chief physician for anesthesia and intensive care medicine, sleep coach and sought-after media expert on the topic of sleep and energy.

Martin Schlott comes from the far north. He landed in the south of the republic via detours. He loves the mountains as much as the sea, mountain biking as much as kite surfing, and feels connected to the elements. Besides wind and water, sleep, as the basis of all our life energy, is an elementary component of a healthy lifestyle. For years he has been showing entrepreneurs, top athletes and public figures how good sleep...

Topics

- Burnout / Resilience / Mental Health
- Healthcare
- Lifestyle
- Motivation / Strategy
- Work-Life-Balance

Languages

- German

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