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 300,000 episode downloads and listeners all over the world.

TOP EPISODES

- Episode 5 – Mild Sleep Apnea: Death By CPAP (4580 downloads)
- Episode 26 – Narcolepsy: The Rare Sleep Disorder That Isn't (4058 downloads)
- Episode 2 – Insomnia: It's Not What You Think It Is (4011 downloads)
- Episode 1 – Welcome/Introduction to Sleep Unplugged (3823 downloads)
- Episode 41 – How To Shut Off Your Racing Mind: It's Late, You Can't Turn Out The Lights (3338 downloads)

OUR STATS

Total Downloads
320,080

Countries Where We Have Ranked Top 10 "Medical Podcast"
26

Highest US Ranking in "Medical Podcasts"
11

YouTube Views
48,738

4.7 Rating

as of 11/5/2025

OUR SPONSORS

- Authenticity50 bedding
- Ayo lighting
- Blueair purifiers
- Dagsmejan sleepwear
- Grounding Well
- Natrol
- Nest bedding
- Sia Silk Masks
- SideSleeper Z masks
- zDen portable sleep environment

MEDIA APPEARANCES (100+)

The New York Times · MH Men's Health · Forbes · TODAY · Women's Health · The Washington Post · Prevention · SELF · npr · CNN

LET'S COLLABORATE!

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