Rachel Salas is a leading sleep medicine specialist at the Johns Hopkins Center for Sleep and Wellness and a Professor of Neurology. With extensive experience in neurology education and a focus on precision medicine and personalization, Dr. Salas is dedicated to advancing the field of sleep medicine. As a certified strengths and master professional life coach, she emphasizes harnessing individual strengths to optimize patient care. Dr. Salas's expertise and innovative approach make her sessions essential for healthcare professionals looking to enhance their practice and improve patient outcomes.