

Dr. Valerie Cacho is a board-certified integrative sleep physician and nationally recognized women's sleep expert. She completed fellowships in sleep medicine at Cedars-Sinai Medical Center and integrative medicine at the University of Arizona, and she is board certified in both sleep medicine and integrative medicine. As president of Sleep Life Med, she provides whole-person sleep care to patients in Hawaii and California and is co-editor of *Integrative Sleep Medicine*, published by Oxford University Press.