

Dan Ford Speakers Bio

Dan Ford is NZ's leading behavioural sleep medicine expert and sleep health educator. Having thousands of hours of one-to-one clinical sleep therapy experience, Dan is regarded as a go-to source for real-world, practical, sleep and wellbeing advice.

With fifteen years of in-house and corporate training experience and a career spanning the corporate sector, military, and elite sports, Dan has spoken to audiences ranging from high schoolers to Olympic athletes and organisations including Fitbit/Google, 1NZSAS Regiment, and the Goodfellow Institute (GP education).

Additionally, Dan has contributed expertise for articles in published media including Forbes, Huffington Post, Healthline, Business Insider and has been interviewed on One News, Seven Sharp, Today FM, and Mai FM.

When not speaking or coaching, Dan is a father, husband and business owner and can be found on an early morning run with his Jack Russell, Chippy, barely clinging to his sanity while managing kid and teen sleep, and finding time for a relationship.

Audience Feedback

“As a health professional myself, I found Dan's talk very informative. Dan's presentation was well structured, easy to follow and he delivered it in a relaxed yet captivating manner.”

Dr. M, Anaesthetist, Waitemata DHB

“Dan recently gave a highly relevant, entertaining and informative presentation to our organisation on the science behind sleep, what influences sleep and the things we can all do to help improve the quality of our sleep. Dan's style and knowledge had everyone captivated and we all left with a greater understanding of the importance of sleep on our lives, and armed with ways we can improve our own sleep. I highly recommend Dan as an expert in this area”

HC, Roboticsplus

I attended a workshop held by Dan Ford - it was excellent. An in-depth review of the consequences of poor sleep and how this can be mitigated, with practical advice that is hugely important and relevant, particularly in the context of shift work. I would highly recommend!

Dr L, PHRM, Auckland Rescue Helicopter Trust

Dan was very expert, but also a clear and practical presenter.

MN, Christchurch City Holdings Limited

Speaking Topics (Non Exhaustive)

- Sleep & Mental Health
- Sleep & Physical Health
- Sleep & Performance
- Shiftwork & Fatigue Management
- Sleep For Teens & Their Parents
- Understanding Sleep & Sleep Disorders
- Sleep Myths
- Improving & Optimising Sleep (And Why Internet Hacks & Pills Don't Work)

Dan can talk both broadly and specifically on topics around sleep and mental and physical wellbeing. For example, Dan did a talk entirely on sleep health in stroke patients for the Stroke Foundation.