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Matthew Edlund, M.D., researches rest, sleep, performance, and public health. He is the author of Healthy Without Health Insurance and The Power of Rest . About The Power of Rest

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Director, Center for Circadian Medicine; author, 'The Power of Rest' Dr. Matthew Edlund, M.D., M.O.H., is an internationally recognized expert on biological clocks, performance, and rest, and the