

# Sine Dunne

Síne Dunne is a sleep expert and entrepreneur, known for her work as the co-founder of SiEST Sleep and her insights into the science of rest. A former sales leader at Google, Síne has combined her business acumen with a deep understanding of sleep medicine, emphasizing its role as the ultimate performance enhancer. She has been featured in major media outlets such as RTÉ and *The Irish Times*, where she shares her expertise on how sleep impacts productivity, well-being, and overall performance.

Síne holds a BComm International degree from University College Dublin, where she also studied Spanish. She furthered her education with professional development modules in Sleep Medicine at the University of Oxford, focusing on Insomnia and Circadian Rhythm Disruption. These specialized courses, designed for healthcare professionals, provided her with in-depth knowledge of sleep disorders and their clinical applications. While these are standalone modules rather than formal certifications, they reflect her commitment to understanding and addressing sleep challenges at a high level. Through her work with SiEST Sleep, she continues to advocate for better sleep as a fundamental pillar of success.

## Topics Covered:

- Sleep Myths, Hacks & The 8-Hour Myth
- Sleep 101: The Science of Better Rest
- Sleep for Shift Workers & remote teams

