

**PRESENTER BIO:**

Soda Kuczkowski is a Sleep Health Educator and Certified Sleep Coach who has passionately worked in the field of sleep medicine and sleep health for the past 17 years. She is the founder of [START WITH SLEEP](#), an organization that serves as a community resource for sleep health advocacy by providing programming and training for health professionals, school systems, and corporate wellness initiatives, as well as hosts a retail boutique of curated sleep tools. She provides global seminars, sleep consulting as well as sleep coaching services. She is certified in maternity, child, and adult sleep health.