



OLIVIA
AREZZOLO

AUSTRALIA'S LEADING SLEEP EXPERT

MEDIA KIT

Introduction

Olivia Arezzolo is Australia's leading Sleep Expert.

After 9 years of study, Olivia's qualifications include a Bachelor of Social Science (Psychology), Certificate of Sleep Psychology, Diploma of Health Science (Nutritional Medicine), and a Certificate 3+4 in Fitness.

To date, Olivia has been featured on Forbes, The Today Show and The Morning Show, partnered with global brands including Sealy Posturepedic and Ikea,

Has her own column in the leading health publication in Australia -

Body and Soul - and has recently released a book,

Bear, Lion or Wolf, which is now published in 10 countries.

You may have seen..

Studio 10



Olivia shares her sleep strategies for World Sleep Day 2022

The Today Show



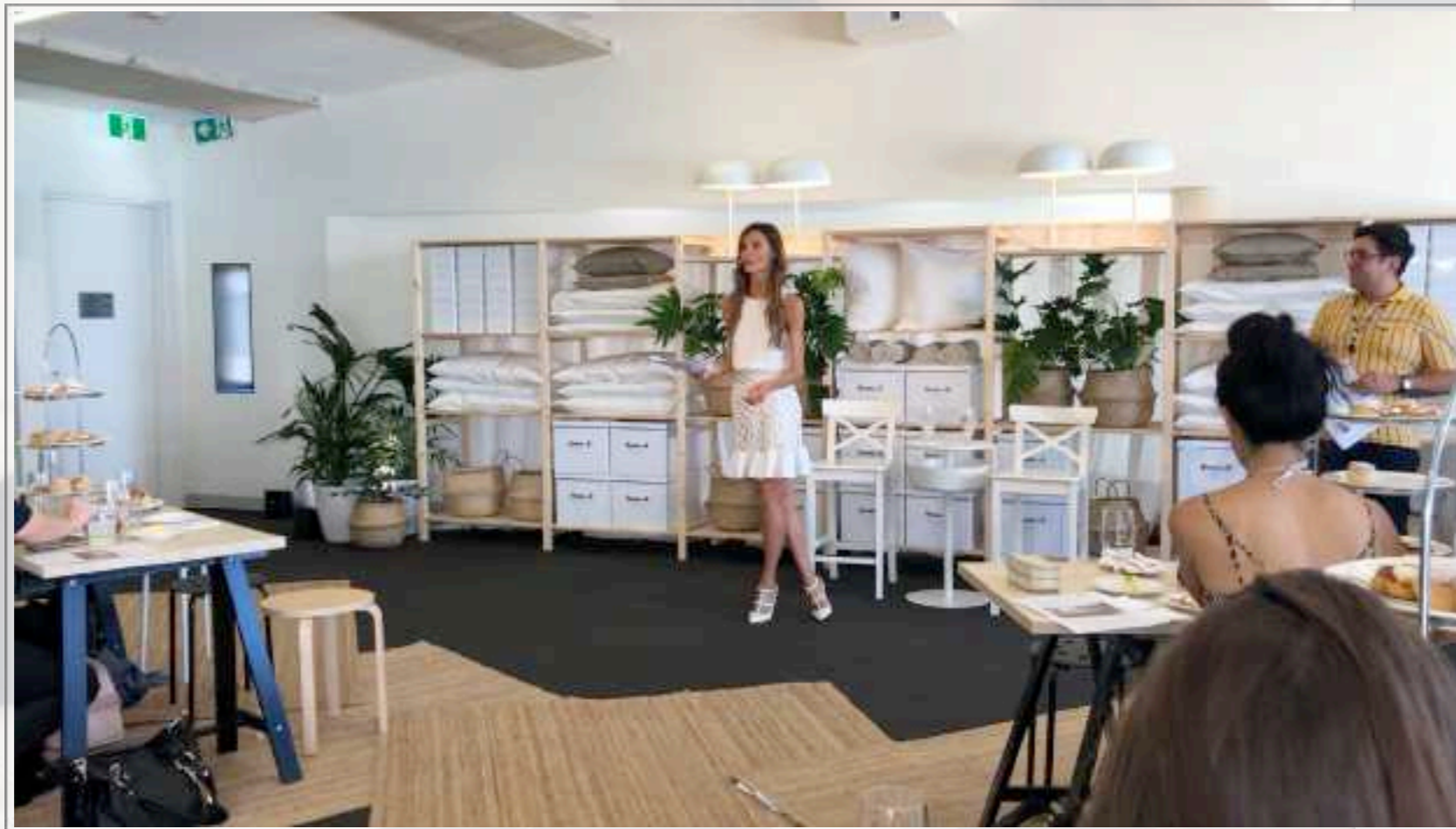
Olivia grants insight into the fascinating world of chronotypes,
and why they are critical to sleep and productivity

The Morning Show



Olivia spills the secrets of a better nights sleep:
knowing your sleep type

Ikea Workshop



Olivia outlines what's needed in your sleep sanctuary
to sleep properly - each and every night

Instagram



oliviaarezzolo 

[Follow](#)

3,220 posts

36.9k followers

576 following


Australia's #1 Sleep Expert

Public figure

Helping YOU Sleep Better

Featured on @thetodayshow @forbes

BSocSc(Psych), Cert Sleep Psyc, Dip Nutrition, Cert 3+4 Fit

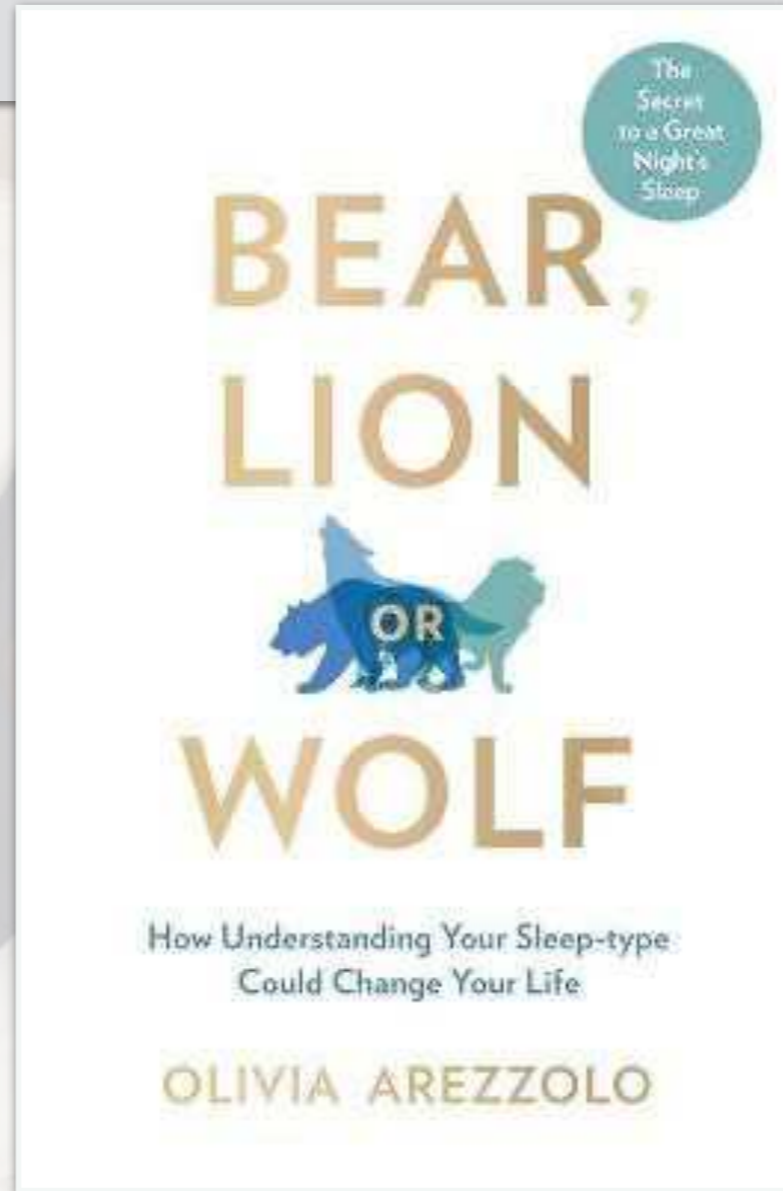
 get my book - now in 10 countries

linktr.ee/oliviaarezzolo

Olivia showers a 36,900+ highly engaged community with sleep tips
(and shares her life in the process)

Or you may have read..


**OLIVIA
AREZZOLO**
AUSTRALIA'S LEADING SLEEP EXPERT



 HarperCollins Publishers

BONNIER
Books UK

echo

 机械工业出版社
CHINA MACHINE PRESS

**“We could all do with a little more sleep,
and Australia’s Leading Sleep Expert,
Olivia Arezzolo, has the answer to that.”**

Women Magazine - UK

Forbes

≡ Forbes

Should You Be Taking Afternoon Naps? Here's What The Sleep Experts Say



Noma Nazish Contributor @

ForbesLife

I cover all things food, culture and wellness.

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-06:16



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Body and Soul: Sleep Well Wednesdays

The screenshot shows a news article from news.com.au. At the top left is the news.com.au logo. To its right is the 'BODY+soul' logo. Below these are navigation links: HEALTH, NUTRITION, FITNESS, MIND & BODY, LIFESTYLE, RELATIONSHIPS, and SHOP. There are also social media icons for Facebook and Twitter, and a 'Login/Register' link. The main headline is 'Sleep Well Wednesdays: How to sleep when you're stressed' in a serif font. Below the headline is a sub-headline: 'Turns out there is two very different types of stress affecting your ability to snooze.' The author's name, 'Olivia Arezzolo', is on the left, and 'BODY+soul' with the date 'MAY 13' is on the right. The main image is a top-down view of a woman in a striped shirt sitting on a bed, holding a coffee cup, with a clipboard and pen nearby. To the right of the main image is a smaller orange-bordered image with the text 'Turn Cl into Clie' and a small photo of a man.

**“Olivia's expertise is rare:
not only is she incredibly engaging,
she is highly educated too.**

**Further, she has a natural ability
to simplify sleep science into a
market friendly message.”**

Cameron Van Den Dougen - Forty Winks

**What can
Olivia do
for your brand?**

Increase reach + engagement

Enhance brand credibility

Provide third party expertise

Media engagements for TV, print and radio

Quotes for press releases

Brand ambassadorships

Seminars and workshops

Expert content contribution for blogs

Social media features

..and more! (Just ask!)

“Olivia is the Aussie “go-to” girl for sleep: she’s professional, yet still personable - probably why she’s so well received.”

Amanda Johnson - Time X Rolex Next Generation Leader

Interested to book Olivia
for your next campaign?

Please email
enquiries@oliviaarezzolo.com.au
Thank you!