

# **Robert Lindeman**

**Sleep Consultant at Robert Lindeman Sleep Consultant**

Natick, MA, US

Robert Lindeman is a Lay Leader at his Synagogue, Congregation Kehillath Israel.

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## **Description**

Robert Lindeman has dedicated much of his professional career to working as a professional sleep consultant. For over ten years, he has offered clients of all ages advice on how to live a healthier lifestyle and reap the benefits of a good night's sleep. He also completed extensive research on the effects of positive sleeping habits as well as the dangers of various sleep disorders.

Robert Lindeman is an active member of his Synagogue, Congregation Kehillath Israel. Located in the heart of the Coolidge Corner neighborhood of Brookline, Massachusetts, Congregation Kehillath Israel serves as a cultural hub for the Jewish community of the Greater Boston area.

Robert Lindeman serves as a lay leader of the congregation, and also volunteers to lead Sabbath services. Robert Lindeman is devoted to his faith and loves meeting with and helping out the community.

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## **Industry Expertise**

Boating, Religious Institutions, Education/Learning

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## **Topics**

Community, Religion, Volunteering, Sailing, Acapella, Sleep and Human Performance, Sleep and Sleep Disorders, Sleep

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## **Affiliations**

Congregation Kehillath Israel, American Sleep Association, National Sleep Foundation

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## **Education**

**Yale University**

MB&B Molecular Biophysics and Biochemistry

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