

About Matthew Pfeiffer

My name is Dr. Matthew Pfeiffer and I specialize in nutritional and health psychology. I graduated from Alliant International University with a Master's and Doctoral degree in Clinical Psychology and graduated from Portland State University with a Master's degree in Conflict Resolution and a Bachelor of Arts degree in Political Science. My key area of interest is neuro-nutrition, specifically TAAT (targeted amino-acid therapy) and micro nutritional supplementation for the purpose of treating Insomnia and poor sleep. I believe that if a person is to have a healthy mind, they must also work to have a consistent, good-night's sleep.

Dr. Matthew D. Pfeiffer, creator of REMSleep sleep aid, has researched and sampled dozens of natural and pharmaceutical sleep aids. As Dr. Pfeiffer researched insomnia some important conclusions emerged. Insomnia and poor sleep are often caused by multiple factors and sleep aids, both natural and pharmaceutical, typically only target one of those factors. Common factors that often cause or exacerbate insomnia include:

- Vitamin and Mineral Deficiency
- Stress & Worry
- Depression & Anxiety
- Adjustment Disorder
- PTSD & Acute Stress Disorder
- Low Serotonin & Melatonin Levels
- Fatigued Adrenal Glands

Dr. Pfeiffer's REMSleep sleep aid is the most comprehensive, holistic sleep aid available to help ensure a great night's sleep. For many people, finding the right sleep aid can become a guessing game with a lot of wasted time, money and sleep. What makes REMSleep unique is that 1) - REMSleep, unlike other sleep aids, targets many factors that cause and contribute to poor sleep and insomnia due to its unique blend of vitamins, minerals, amino acids, and herbs and 2) - it's the only natural sleep aid available specifically formulated and developed by a Clinical Psychologist with a mental health background. REMSleep's proprietary blend of vitamins, minerals, amino acids and herbs have been specially formulated and combined to target synergistically these common factors of insomnia and to facilitate and improve your best night's sleep.