



Dr. Kimberly A. Lemke | DRIFT®

- Founder & CEO of Drift® Sleep & Wellness Institute
- Founder & CEO of Drift® Inc
- Licensed Clinical Psychologist
- Corporate Wellness Consultant
- Sleep Science Coach
- Keynote Speaker & Author
- Winner of 2020 Enterprising Women Award

MEDIA FEATURES & CORPORATE ENGAGEMENTS



WAKE UP CALL: POOR SLEEP’S TOLL ON YOU AND YOUR BUSINESS

Imagine your team making decisions on four hours of sleep—now imagine them after eight. The secret weapon for heightened productivity, innovation, and employee retention is sleep. Research consistently demonstrates that well-rested individuals not only outperform their sleep-deprived counterparts, but also exhibit sharper cognitive abilities, better decision-making skills, and enhanced creativity. Our workshops go beyond the usual “just sleep more” advice, delivering research-backed, actionable strategies that fit seamlessly into your demanding workday. Can you afford what poor sleep is costing your business?

The healthcare costs of individuals with insomnia is

85%

higher than those without according to The American Journal of Managed Care

On average, those who report poor sleep lose

7.2

hours of productivity per week

Poor and fair sleepers have a turnover rate of

49%

resulting in \$32.4 billion in replacement costs

HOW I CAN HELP

I'm Dr. Kimberly Ann Lemke, a licensed clinical psychologist and Sleep Science Coach with over 20 years of experience helping individuals and organizations boost productivity, reduce burnout, and enhance innovation—all by rethinking sleep. Learn how to optimize your workplace and daily habits to improve focus, energy, and resilience—without sacrificing performance. Better sleep starts with what you do during the day. Let’s make it your company’s unique competitive advantage.

SIGNATURE TALKS

- ✓ Managing the Drift®: Increasing Wellness, Engagement and Productivity
- ✓ The True Competitive Edge: Integrating Life and Work in the Corporate World
- ✓ Unlock Your Potential: Boost Your Productivity & Impact
- ✓ Harnessing Humor for Serious Slumber and Supercharged Productivity
- ✓ The Burnout Escalator: Reversing the Effects of Stress and Burnout

LET’S GET IN TOUCH!



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