



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

Dr. Kimberly Ann Lemke is an esteemed licensed clinical psychologist and recipient of the prestigious 2020 Enterprising Women of the Year Award. With a passion for promoting sleep wellness and mental health, Dr. Lemke has dedicated her career to empowering individuals and organizations to achieve optimal well-being. Her expertise in addressing a wide range of psychological issues complements her focus on sleep science and its profound impact on overall health.

Certified as a Sleep Science Coach, Dr. Lemke is celebrated for her groundbreaking efforts to enhance sleep quality and reduce the organizational costs associated with sleep deprivation. Her innovative online sleep course, Drift®, has earned recognition for its unique approach to tackling sleep-related challenges. Drift® goes beyond the “*you need to sleep more*” advice and provides customers with unique and transformational strategies for individuals and organizations to optimize their workplace environment and workday in order to improve nighttime rest.

Beyond her online platform, she delivers impactful workshops on sleep, stress, and holistic well-being within corporate wellness programs, showcasing her dynamic public speaking style and commitment to community welfare.

As Founder/CEO of Drift® Sleep & Wellness Institute, Dr. Lemke empowers individuals and organizations to prioritize sleep health, cementing her status as a thought leader in the field. With credentials as a licensed clinical psychologist, Sleep Science Coach, keynote speaker, and corporate wellness consultant, she continues to shape the future of sleep science and mental health advocacy through prominent engagements in events, media appearances, and notable publications like Walmart Business, and various community initiatives.

Trained in CBT-I for insomnia, Dr. Lemke earned her master’s and doctorate degrees in clinical psychology. Her extensive experience includes serving as the Chair of Continuing Education for The Illinois Psychological Association. She was also appointed to a mental health board, where she served as their Secretary and President of their Planning Committee. Additionally, Dr. Lemke currently volunteers as a member of the Disaster Action Team and The Mental Health Disaster Team for The American Red Cross.

MEDIA FEATURES & CORPORATE ENGAGEMENTS



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