



Mollie McGlocklin

Mollie McGlocklin is the creator of [Sleep Is A Skill](#), a company that optimizes how people sleep through a unique blend of technology, accountability, and behavioral change. The company was born from “scratching her own itch” after a lifetime of poor sleep habits culminated into a mega-challenging bout of insomnia for months without end. With a background in psychology & human behavior, she went down the rabbit hole to solve her own sleep disturbances without sleeping aids. She became fascinated with chronobiology, and by extension, its practical applications to restore a state of homeostasis not only to her sleep but also to her life as a whole. Knowing the difference between a life with sleep and without, she’s now dedicated her life to sharing the forgotten skill set of sleep.