Stanford



Fiona Barwick, PhD, DBSM

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

- **Stanford Sleep Medicine Center**

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Bio

BIO

Dr. Barwick is a Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences - Sleep Medicine Division. She is Director of the Sleep & Circadian Health Program and is responsible for developing and expanding clinic services and overseeing didactics and training for Behavioral Sleep Medicine postdoctoral fellows. She also serves as Associate Division Chief for Behavioral Sleep Medicine.

Dr. Barwick and her team offer comprehensive evaluations of sleep problems and brief, evidence-based, non-drug treatments for insomnia, hypersomnia, circadian rhythm disorders, nightmares and other parasomnias, and Positive Airway Pressure (PAP) adjustment. Treatment, provided in individual or group formats, emphasizes a collaborative approach and uses cognitive-behavioral techniques as well as mindfulness- and acceptance-based techniques to help people fall asleep and stay asleep more easily, feel less sleepy or fatigued during the day, manage misaligned sleep-wake patterns, and reduce the frequency and severity of nightmares.

Dr. Barwick presents at regional, national and international conferences. She also collaborates in and conducts ongoing research studies at Stanford and other national and international hospitals and universities. Integrated protocols have been developed and are currently being tested for treating sleep problems that co-occur with medical conditions such as chronic pain or POTS, as are CBTI protocols delivered in Mandarin via telehealth to patients at Chongqing Traditional Chinese Medicine Hospital in China.

CLINICAL FOCUS

- Health Psychology
- Neuropsychology
- Behavioral Sleep Medicine
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

ADMINISTRATIVE APPOINTMENTS

- Director of Sleep & Circadian Health Program, Department of Psychiatry & Behavioral Sciences - Division of Sleep Medicine, (2015- present)
- Associate Division Chief of Behavioral Sleep Medicine, Department of Psychiatry & Behavioral Sciences - Division of Sleep Medicine, (2020-present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, Membership Committee, Society of Behavioral Sleep Medicine (2019 - present)
- Member, American Academy of Sleep Medicine (2015 - present)
- Member, American Psychological Association (APA) (2014 - present)
- Member, APA Division 38 - Health Psychology (2016 - present)

PROFESSIONAL EDUCATION

- Board Certification: Sleep Medicine, Board of Behavioral Sleep Medicine (2024)
- Fellowship: VA Greater Los Angeles Healthcare System (2014) CA
- PhD, Pennsylvania State University , PA (2011)
- Internship, VA Palo Alto Health Care System , CA (2011)
- Fellowship, VA James A. Haley , FL (2012)
- Fellowship, VA Greater Los Angeles Healthcare System , CA (2014)
- DBSM, Board of Behavioral Sleep Medicine (2019)

LINKS

- Stanford Department of Psychiatry and Behavioral Sciences - Sleep Medicine Division: https://med.stanford.edu/sleepdivision.html
- Stanford Health Care - Sleep Medicine Center: https://stanfordhealthcare.org/medical-clinics/sleep-medicine-center.html
- Stanford Center for Sleep and Circadian Sciences: https://med.stanford.edu/cscs.html
- Society of Behavioral Sleep Medicine: https://www.behavioralsleep.org/
- Sleep Research Society: https://www.sleepresearchsociety.org/
- American Academy of Sleep Medicine: https://aasm.org/
- World Sleep Society: https://worldsleepsociety.org/

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Research interests focus on expanding sleep education, improving sleep health, optimizing treatment for circadian rhythm disorders, and adapting treatment for insomnia in populations where developmental, medical, psychiatric and cultural factors intersect.

Current research projects include developing and piloting integrated protocols for treating sleep problems that co-occur with medical conditions such as chronic pain or POTS. Ongoing collaborations include delivery of a CBTI protocol in Mandarin via telehealth to patients at Chongqing Traditional Chinese Medicine Hospital in China. Past projects include investigation of the link between RLS and the gut microbiome and a survey of student sleep health.

CLINICAL TRIALS

- Online Insomnia Treatment Program, Not Recruiting

Teaching

STANFORD ADVISEES

Postdoctoral Research Mentor

Kelly Doudell, Chung Xiann Lim

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)
- Sleep Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **Insomnia disorder at 6 weeks postpartum: a prospective study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Takenoshita, M., Jalali-Sohi, A., Hidajat, N. Z., Michel, G., Guo, N., Manber, R., Lyell, D. J., Barwick, F., Morris, A. M., Moody, H., Elkhateb, R., Mhyre, J., Cella, et al
  2026; 22 (1)
- **SYMPOSIUM: NOVEL BEHAVIORAL MEDICINE ASSESSMENTS / INTERVENTIONS FOR SUCCESSFUL TREATMENT OF OBSTRUCTIVE SLEEP APNEA (OSA) WITH COMORBID INSOMNIA (COMISA)**
  Barwick, F., Tingey, J., Sepulveda, M., Capasso, R.
  OXFORD UNIV PRESS INC.2025: S636-S637
- **Evaluation of Sleep in Pregnant Inpatients Compared With Outpatients.** *Obstetrics and gynecology*
  Panelli, D. M., Miller, H. E., Simpson, S. L., Hurtado, J., Shu, C. H., Boncompagni, A. C., Chueh, J., Barwick, F., Carvalho, B., Sultan, P., Aghaeepour, N., Druzin, M. L.
  2024
- **Association of antenatal anxiety, short sleep duration, and blood pressure parameters: a pilot study**
  Miller, H. E., Simpson, S. L., Hurtado, J., Shu, C., Chueh, J., Barwick, F., Leonard, S. A., Carvalho, B., Sultan, P., Aghaeepour, N., Druzin, M. L., Panelli, D. M.
  MOSBY-ELSEVIER.2024: S287
- **Prevalence and predictors for postpartum sleep disorders: a nationwide analysis.** *The journal of maternal-fetal & neonatal medicine : the official journal of the European Association of Perinatal Medicine, the Federation of Asia and Oceania Perinatal Societies, the International Society of Perinatal Obstetricians*
  Sultan, P., Guo, N., Kawai, M., Barwick, F. H., Carvalho, B., Mackey, S., Kallen, M. A., Gould, C. E., Butwick, A. J.
  2023; 36 (1): 2170749
- **DYNAMIC FEATURES OF THE TREATMENT PROCESS PREDICT DIFFERENT OUTCOMES FOR PATIENTS UNDERGOING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
  Hu, Y., Xu, Y., Barwick, F.
  OXFORD UNIV PRESS INC.2022: A209
- **RESTLESS LEG SYNDROME: DOES IT START WITH A GUT FEELING?**
  Blum, D. J., During, E., Barwick, F., Davidenko, P., Zeitzer, J. M.
  OXFORD UNIV PRESS INC.2019
- **Factors associated with fatigue in patients with insomnia.** *Journal of psychiatric research*
  Kim, S. J., Kim, S. n., Jeon, S. n., Leary, E. B., Barwick, F. n., Mignot, E. n.
  2019; 117: 24–30
- **Sleep, sleeplessness and neuropsychiatric conditions.** *Practical Neurology*
  Barwick, F.
  2019

- **Managing Sleep for Optimal Performance, Brain Function, and Mental Health** *LIFESTYLE PSYCHIATRY*
  Kutscher, S., Barwick, F.
  edited by Noordsy, D. L.
  2019: 261–83
- **Sleep disorders in patients with postural tachycardia syndrome: A review of the literature and guide for clinicians** *AUTONOMIC NEUROSCIENCE-BASIC & CLINICAL*
  Miglis, M. G., Barwick, F.
  2018; 215: 62–69
- **Commentary: Parent-Reported Behavioral and Psychiatric Problems Mediate the Relationship between Sleep-Disordered Breathing and Cognitive Deficits in School-Aged Children** *FRONTIERS IN NEUROLOGY*
  Barwick, F., Guilleminault, C.
  2017; 8: 597

PRESENTATIONS

- Sleep Away Your Back Pain - Stanford Back Pain Education Day 2016