



Allison Tamara Siebern

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

Bio

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Dr. Allison Siebern, PhD, DAc, LAc, CBSM is a sleep medicine psychologist and neuroscience-based doctor of acupuncture specializing in sleep, mood, and neurological health. She is board certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine.

Dr. Siebern is a pioneer in the field of integrative sleep health as she blends her training and expertise in neuroscience-based acupuncture, cognitive behavioral medicine, psychophysiology, near-infrared transcranial photobiomodulation and clinical neuroscience. Dr. Siebern's current integrative health research is on the intersection of scalp acupuncture and near-infrared transcranial photobiomodulation (tPBM) as neuromodulatory mechanisms to assist in improved symptom outcomes in neurodegenerative disorders and post-stroke recovery.

Dr. Siebern is currently a Sleep Medicine Psychologist and Behavioral Sleep Medicine Fellowship Track Director with the Durham VA Medical Center and the Director of Integrative Sleep Wake Health, PLLC. Dr. Siebern is an Adjunct Clinical Associate Professor at Stanford University School of Medicine in the Sleep Medicine Division where she completed the sleep fellowship from 2008 to 2010 and stayed on as full-time faculty until 2015 where she served as Associate Director and Co-Fellowship Training Director and then Director of the Behavioral Sleep Medicine Program. She has been treating patients of all ages in the field of sleep medicine for 15 years. She consults with companies on sleep and neurological health science, is published in peer-reviewed journals, has given talks at national conferences, and has been interviewed with many media outlets. Dr. Siebern has a passion for the field of sleep health and believes in the importance of training future generations of sleep providers.