



## Allison Tamara Siebern

Adjunct Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine

### Bio

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#### BIO

Dr. Allison Siebern is a licensed clinical psychologist in the states of CA and NC and board certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She specializes in integrative treatments for sleep disorders using a variety of cognitive behavioral techniques, biofeedback/neurofeedback/QEEG, use of electroceuticals, Taiji, Qigong and Chinese medicine.

Dr. Siebern is an Adjunct Clinical Assistant Professor with the Stanford Sleep Medicine Center. She completed the Sleep Fellowship at Stanford 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. In her current role as adjunct faculty she continues to maintain involvement in training future sleep specialists and research at Stanford.

She is currently the Director of the Sleep Health Integrative Program and Neurophysiology Sleep Health Lab at the VA Medical Center in NC as well as Clinical Director of Sleep Health and Wellness, PLLC, a private practice in Downtown Raleigh. She is also the creator of [sleepfitness.com](http://sleepfitness.com), a self-guided online insomnia program rooted in the evidenced based approach known as Cognitive Behavioral Treatment for Insomnia (CBTi).

She consults with companies on sleep health science, is published in peer-reviewed journals, has given talks at national conferences, and has been interviewed with many media outlets such as Time and Dow Jones. Her research interests include examining complementary and alternative treatments for sleep disorders and different models of care for dissemination of these sleep treatments.

Dr. Siebern received her doctoral degree in Clinical Psychology from Nova Southeastern University in Fort Lauderdale, Florida and completed her predoctoral internship at Miami Childrens Hospital in Miami, Florida. Dr. Siebern is passionate about the field of sleep medicine and believes in the importance of training future generations of sleep providers.