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Bio

BIO

Dr. Xu is a licensed clinical psychologist in California, a Board-certified Behavioral Sleep Medicine Specialist, and AASECT Board-Certified Sex Therapist. She currently serves as the chair of the OPEC committee for the Society of Behavioral Sleep Medicine. She completed training at the Stanford Sleep Medicine Center 2017-2019. She has specialized training in the diagnosis and treatment of insomnia, circadian rhythm disorders, parasomnias, nightmares, and adjustment to PAP therapy for sleep apnea.

Dr. Xu grew up in China and received her Ph.D. in Clinical Psychology from the University of Virginia, VA. She has adapted treatment for insomnia for the Chinese population, and translated the book "The Rested Child" into Chinese, which is the first evidence-based book about children and teen's sleep disorders in China. She is the founder and director of a multicultural group practice in the SF Bay Area: Mind & Body Garden Psychology Inc. She also hosts a podcast "Deep into Sleep" to help bridge the gap between public awareness and knowledge of sleep problems and the science of sleep medicine.

Publications:

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