

Stanford



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Bio

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Dr. Blair is a licensed clinical psychologist and is board certified in behavioral sleep medicine. Her clinical and research expertise are in behavioral medicine with specializations in sleep and sexual health. She has made numerous presentations, developed workshops, written chapters and published articles in the area of sleep and sexual medicine. Dr. Blair is a Stanford sleep consultant and is on the adjunct faculty at The Stanford Center for Sleep Sciences and Medicine. She is also the Clinical Director of The Clinic.

Dr. Blair completed her postdoctoral fellowship at Stanford University Medical School and her pre-doctoral internship at the VA Greater Los Angeles Health Care System. Dr. Blair received her doctoral degree in Clinical Psychology from the PGSP-Stanford Psy.D. Consortium. She received a bachelor's degree from the University of California at Berkeley. Prior to beginning her doctoral studies, Dr. Blair founded a successful business consulting firm.