



**Professor Shirley Li**

*Belinda Hung Outstanding Young Professor, HKU*

*Associate Professor, Department of Psychology, HKU*

*Principal Investigator, State Key Laboratory of Brain and Cognitive Sciences,*

*Faculty of Social Sciences, HKU*

*Registered Clinical Psychologist, HCPC & HKICP*

Professor Shirley Li is an Associate Professor from the Department of Psychology and a Principal Investigator in the State Key Laboratory of Brain and Cognitive Sciences, The University of Hong Kong. She obtained her PhD in Medical Sciences (Psychiatry) from The Chinese University of Hong Kong and received her Doctorate in Clinical Psychology (DClinPsy) from University College London. She is a registered clinical psychologist in the UK and HK. Professor Li's clinical and research interests centre on sleep and sleep disorders (<https://sleep.hku.hk/>), particularly sleep disturbance and mental health, and psychological and behavioural treatments of sleep problems in the context of psychiatric and medical illnesses across the lifespan.

李馨教授

香港大學孔桂儀傑出青年教授

香港大學心理學系副教授

香港大學腦與認知科學國家重點實驗室首席研究員

HCPC 及 HKICP 註冊臨床心理學家

李馨教授是香港大學心理學系的副教授，也是香港大學腦與認知科學國家重點實驗室的首席研究員，亦是英國和香港的註冊臨床心理學家。她在香港中文大學取得醫學科學（精神病學）博士學位，並在倫敦大學學院獲得臨床心理學博士學位 (DClinPsy)。李教授的臨床和研究興趣集中在睡眠和睡眠障礙 (<https://sleep.hku.hk/>)，特別是睡眠紊亂與心理健康，以及精神病和醫學疾病背景下各個年齡段的睡眠問題之心理和行為治療。