

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES

Knowledge Exchange Seminar Series

How Can We Overcome Barriers to Better Sleep for Young People?

Biography of Speaker



Professor Shirley Xin Li
Belinda Hung Outstanding Young Professor
Associate Professor, Department of Psychology
Faculty of Social Sciences
The University of Hong Kong

Professor Shirley Li is an Associate Professor from the Department of Psychology of 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.