



Dr Shirley X Li

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Biography

Dr Shirley X Li is Associate Professor in the Department of Psychology at The University of Hong Kong. She is a Chartered Clinical Psychologist in the UK and the Associate Fellow of the British Psychological Society. She graduated from University of Toronto where she received her Honours BSc in psychology. She obtained her MA and PhD in Medical Sciences (Psychiatry) from The Chinese University of Hong Kong, and received her Doctorate in Clinical Psychology (DClinPsy) from University College London.

Dr Li's clinical and research interests centre on sleep and sleep disorders, particularly sleep disturbance and mental health, and psychological and behavioural treatments of sleep problems in the context of psychiatric and medical illnesses in children and adults. She received the Elio Lugaresi WASM Award for Sleep Medicine from the World Association of Sleep Medicine in 2009. She was awarded the Young Investigator Award in the World Congress on Sleep Medicine in 2013 and 2015 respectively. She also received 2017 Outstanding Early Investigator Award (Honorable Mention) from Sleep Research Society.