

Judith R. Davidson, PhD, CPsych

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Dr. Judith Davidson is a scientist-clinician in the area of sleep and has worked in the field since 1981. She is an Adjunct Professor in the Department of Psychology at Queen's University where she trains clinical graduate students and health professionals in the treatment of sleep disorders.

Judith holds a master of science degree in community health from the University of Toronto, a PhD in clinical psychology from Queen's University, and was a post-doctoral fellow with Dr. Charles Morin at Université Laval. She received certification in behavioural sleep medicine from the European Sleep Research Society in 2012 with the designation "Somnologist."

Judith's research and clinical work focus is on the most common sleep disorder—insomnia—and its treatment. She translates research knowledge to clinical practice and works to boost access to treatment for diverse communities. Part of this was writing the book *Sink into Sleep*, now in its second edition. Through writing, research, teaching and speaking, Judith is working to enhance access to information about sleep and to effective treatments for insomnia.