

2021-2022 SOAR Mentor

Rachel Manber, PhD

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Dr. Manber is a Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University. She is a clinical psychologist and has been certified by the American Academy of Sleep Medicine in the practice of Behavioral Sleep Medicine. Her work includes conducting research, training and mentoring of trainees interested in research and clinical service in the area of behavioral sleep medicine, as well as provision of behavioral sleep medicine treatments for adults, adolescents and children.

In the past 25 years Dr. Manber has conducted research on insomnia and its treatment in specific populations. Among her recent and current projects are federally-funded research on the treatments of perinatal insomnia, insomnia comorbid with sleep apnea, and a hybrid trial of stepped care for insomnia among older adults. She has published many peer-reviewed articles, as well as insomnia self-help books and a book to help mental health clinicians learn cognitive behavioral therapy for insomnia.