

Jessica Payne-Murphy

Clinical Assistant Professor at University of Florida

Gainesville, FL, US

Jessica Payne-Murphy is director of the Insomnia and Behavioral Sleep Medicine Clinic in the Department of Clinical and Health Psychology.

Biography

Jessica Payne-Murphy is director of the Insomnia and Behavioral Sleep Medicine Clinic in the Department of Clinical and Health Psychology in the College of Public Health and Health Professions. The emphasis of her clinical work is primarily behavioral sleep medicine for adults and children but also includes a broad spectrum of mental health and chronic illness concerns. She conducts and teaches evidence-based mental health and behavioral sleep medicine therapies and assessments to doctoral trainees. This clinical work is conducted both via telehealth and in-person at the UF Psychology Specialties Clinic.

Areas of Expertise

Behavioral sleep medicine, Depression, Anxiety , Fibromyalgia, Clinical Health Psychology, Insomnia, Cognitive Behavioral Therapy, Chronic Pain, Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder, Evidence based mental health

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