

What Do We Know About SLEEP?

This public talk will bring you to the world of sleep science, discuss common sleep problems in the general public and introduce ways of managing sleep difficulties, especially insomnia.

Objectives

- To learn about the basics of sleep sciences
- To learn about common sleep problems in people in Hong Kong
- To learn about ways to manage sleep difficulties, especially insomnia

「無心睡眠？」— 關於睡眠知多少

這次公開講座將帶您進入睡眠科學的世界，討論一般大眾常見的睡眠問題，並介紹處理睡眠困擾的方法，特別是失眠。

目標

- 學習睡眠科學的基礎知識
- 了解香港人常見的睡眠問題
- 認識如何應對睡眠困難，尤其是失眠