

**THE UNIVERSITY OF HONG KONG**  
**FACULTY OF SOCIAL SCIENCES**

**Knowledge Exchange Seminar Series**

**How Can We Overcome Barriers to Better Sleep for Young People?**

**Abstract**

Sleep is essential for optimal health and development; however, it is often overlooked or neglected by young people. In this seminar, Principal Investigator Professor Shirley Li and Project Coordinator Mr. Adrian Pang will share their team's experiences working with young people to promote better sleep health.

This seminar will discuss common sleep issues among school-aged children and adolescents, the challenges involved in changing sleep behaviours, and various strategies to address sleep problems within this vulnerable population. It will also highlight recent innovative, participatory approaches, including experiential education and designathons. These approaches seek to increase awareness, facilitate behaviour change, and foster community advocacy through active youth involvement and the co-creation of health promotion initiatives.