

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES

Knowledge Exchange Seminar Series

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

Programme

Date: May 27, 2026 (Wednesday)

Time: 6:30 – 7:30pm

Venue: Social Sciences Chamber, 11/F, The Jockey Club Tower, Centennial Campus, HKU

TIME	PROGRAMME
6:30pm	Opening Remarks by Professor Samson Tse Associate Dean (Undergraduate Education) Faculty of Social Sciences The University of Hong Kong
6:35pm	How Can We Overcome Barriers to Better Sleep for Young People? Professor Shirley Li Belinda Hung Outstanding Young Professor Associate Professor, Department of Psychology Faculty of Social Sciences The University of Hong Kong Mr. Adrian Pang Project Coordinator
7:05pm	Q&A Session Moderator: Professor Samson Tse