



香港睡眠醫學會
THE HONG KONG SOCIETY OF SLEEP MEDICINE

April 2026 Online Clinical Meeting

- Date: 14 April 2026 (Tuesday)
- Time: 19:00 - 20:00
- Format: Zoom Meeting
- Topic: Memory editing during sleep:
mechanisms, clinical applications and technological innovations
- Abstract: Not all memories are welcome. Over-consolidation of aversive or traumatic memories poses significant threats to our emotional well-being. Can we edit aversive memories during sleep, bypassing conscious awareness? Our recent work suggests that the sleep-mediated memory reactivation can be leveraged to weaken aversive memories. Via unobtrusively delivering sensory cues during non-rapid-eye-movement sleep (targeted memory reactivation), both affect tones and memory contents of aversive memories can be modified. Cueing benefits are associated with cue-elicited EEG power, and with the coupling between EEG slow oscillations and spindles. These results suggest that sleep-mediated memory reactivations play adaptive roles in memory editing and forgetting.
- Speaker: **Dr. Xiaoqing HU**
Associate Professor, Department of Psychology
The University of Hong Kong
- Chairperson: **Dr. Chris Xie CHEN**
Post-doctoral fellow, Department of Psychiatry,
The Chinese University of Hong Kong
- CME point : 1
- Dr. Joan Wan
Hon. Secretary
The Hong Kong Society of Sleep Medicine