



香 港 睡 眠 醫 學 會

THE HONG KONG SOCIETY OF SLEEP MEDICINE

July 2026 Online Clinical Meeting

Date: 29 July 2026 (Wednesday)

Time: 19:00 - 20:00

Format: Zoom Meeting

Topic: Navigating sleep problems in children with neurodevelopmental disorders

Abstract: Sleep problems affect up to 80% of children with neurodevelopmental disorders (NDDs), including autism spectrum disorder (ASD) and ADHD. This session bridges the gap between medicine and behavioural science to tackle the unique sleep challenges that these children face. The speakers will share on the clinical approach to sleep problems in children with NDD and practical management tips to improve sleep hygiene, manage bedtime resistance, and support family well-being.

Speakers: **Dr. Jacqueline HUNG**

Associate Consultant, Department of Paediatrics and Adolescent Medicine,
Queen Mary Hospital

Ms. Christine So Yu LIU

Clinical Psychologist, Duchess of Kent Children's Hospital at Sandy Bay

Chairperson: **Dr. Christy Shuk Kuen CHAU**

Consultant (Paediatrics), Duchess of Kent Children's Hospital at Sandy Bay

CME point : 1

Dr. Joan Wan
Hon. Secretary
The Hong Kong Society of Sleep Medicine