



香 港 睡 眠 醫 學 會

THE HONG KONG SOCIETY OF SLEEP MEDICINE

September 2021 Online Clinical Meeting

Date: 1 September 2021 (Wednesday)

Time: 19:00 - 20:00

Title: COVID-19 and Sleep

Abstract: COVID-19 has dominated the world for more than a year, and it does not seem to be going away anytime soon. We now know that COVID-19 is a multisystem disease, and the central nervous system is commonly involved. Sleep problem is one of the most frequent non-respiratory complaints among COVID-19 patients.

This talk will review the evidence about the acute and prolonged sleep-related problems among COVID patients. The talk will also discuss how the lifestyle changes caused by COVID-19 related social restriction affect the sleep of the general public.

Speaker: Dr. Steven Chau, Assistant Professor, Department of Psychiatry, CUHK

Chairperson: Dr. Joey Chan, Associate Professor, Department of Psychiatry, CUHK

CME point pending

Hon. Secretary

Dr. Joey Chan