

"Neurocognitive, affective and social consequences of sleep deprivation: from sleep apnea, depression, to sleeplessness in college"



Dr. Esther Yuet Ying Lau
Ph.D.(Clin.Psych.), R.Psych.(B.C., Canada),
Reg.Clin.Psych.(HKPS, HK)

Assistant Professor and BSocSc (Psy) Programme Leader
Department of Psychology, Centre for Psychosocial Health
Centre for Religious and Spirituality Education
The Education University of Hong Kong

Honorary Assistant Professor
Department of Psychiatry, The University of Hong Kong

Abstract:

Accumulating evidence converges to highlight the contribution of sleep and sleep disorders to the neuropsychological functioning of individuals with and without mental illnesses. The wide-spread influence of sleep on human neural systems underlying emotions and cognitions in both health and disease processes is being uncovered by sleep researchers across disciplines. This talk aims to broadly address the role of sleep in different domains of functioning for a wide range of human activities in both patient and healthy populations across the life span. Evidence from both experimental and longitudinal studies of our laboratory and others supports the notion that sleep-related cognitive and affective processes are critical and central to the understanding and promotion of neuropsychosocial-spiritual health. Future research may further explore the nature of the neuropsychological processes and the brain pathways involved in sleep and sleep-related functions, their interactions with different biopsychosocial variables, and the potential modifications of sleep and sleep-mediated outcomes by psychological and physical interventions.

About the speaker:

Dr. Lau completed her doctoral training at Dalhousie University, Vancouver Coastal Health, and the University of British Columbia, Canada, specializing in clinical psychology and clinical neuropsychology. She is a registered clinical psychologist of the Hong Kong Psychological Society and a registered psychologist of British Columbia, Canada. Her clinical and research interests include the interaction between sleep and daytime functioning, neuropsychology of medical and psychiatric disorders, and spirituality and mental health. Currently, her primary line of research aims to uncover some of the complex relationships between sleep, emotional and cognitive functioning, and well-being. She is also actively involved in a series of longitudinal investigations on the various biopsychosocial factors contributing to human flourishing.