



賽馬會樂眠無憂計劃

Jockey Club Sleep Well Project

Organised by



香港中文大學
The Chinese University of Hong Kong



香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

Co-organised by



香港聖公會福利協會
HONG KONG SHENG KUNG HUI WELFARE COUNCIL



基督教家庭服務中心
Christian Family Service Centre

基督教聯合郡打素社康服務
UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

Jockey Club Sleep Well Project Finale cum International Conference 2026

Esteemed Speakers



Prof. Charles M. MORIN

Full Professor,
Department of Psychology,
Laval University

Director, Centre d'étude des
troubles du sommeil

Canada Research Chair
in Sleeping Disorders



Prof. Yuichi INOUE

Professor,
Department of Somnology,
Tokyo Medical University

President,
Yoyogi Sleep Disorder Center



Prof. Lin LU

Academician, CAS

Boya Chair Professor,
Peking University

President,
Shandong First Medical University

Director, National Center for
Mental Disorders, China

Member, INCB

Symposium

**SLEEP PROBLEMS ACROSS LIFESPANS:
RISK FACTORS, CONSEQUENCE AND INTERVENTION**

**SLEEP WELL, FEEL WELL:
TARGETING SLEEP PROBLEMS TO IMPROVE MENTAL HEALTH**

**DIGITAL SLEEP INTERVENTION:
CHALLENGES AND FUTURE DIRECTIONS**

Speakers

DR. JIHUI ZHANG
DR. JOEY CHAN
DR. JOANNE HUANG

DR. SHIRLEY LI
DR. DANNY YU
DR. SIJING CHEN

DR. TIM LI
DR. LEO FAN
DR. RACHEL CHAN

NGO Panel Discussion



September 14, 2026



Cheng Yu Tung Building, CUHK, Shatin, N.T., Hong Kong

Local Accreditation (in progress)

CPD (HKSWA), CEU (HKPS), CME (HKAM & MCHK)

DETAILS



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