



CUHK

SLEEP 2018

21-25 NOV 2018

21 - 23 Nov

Polysomnography Workshop

- Fundamentals of PSG - from basic to practical application
- Interactive clinical & practical pearls
- PAP & hands-on PSG scoring workshop

23 Nov

Psychotherapy for Insomnia Workshop

- Cognitive Behavioural Therapy for Insomnia (CBT-I)
- Its usage & challenges
- CBT-I for different patient groups
- Hands-on Workshop

24 - 25 Nov

Conference Highlights

- Update & review various sleep disorders
- Recent advances in various common sleep conditions
- Sleep & Society

**Early-bird rate
on or before 12 Aug**

Co-organisers

Prof. Yun-Kwok Wing

Department of Psychiatry, CUHK

Prof. Albert Martin Li

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Secretariat

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Overseas Speakers

Professor Michael Gradisar

Clinical Child Psychology
Flinders University
Australia

Professor Kai Spiegelhalter

Department of Psychophysiology
and Sleep Medicine
University of Freiburg Medical Centre
Germany

Registration Fee	Early-bird Rate (on or before 12 Aug)	Normal Rate (after 12 Aug)
PSG Workshop (include conference)	HKD \$4,800	HKD \$5,800
Psychotherapy Workshop	HKD \$1,000	HKD \$1,500
Conference, PSG Workshop & Psychotherapy Workshop	HKD \$5,300	HKD \$6,300
Conference	HKD \$1,200	HKD \$1,800
Day Rate	24 Nov (Sat) 25 Nov (Sun)	HKD \$1,000 HKD \$1,000