

Departmental Seminar

Insomnia in Adolescents: Clinical Aspects, Impacts and Interventions

4:30 p.m. – 5:30 p.m. | May 10, 2019 (Friday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Adolescence is a critical transitional stage characterised by a cascade of developmental changes in biological, cognitive, and psychosocial functioning. Insomnia, characterised by difficulties initiating sleep and maintaining sleep, is common in adolescents. Longitudinal studies have shown that insomnia symptoms in children and adolescents often persist and are associated with a constellation of negative outcomes, including cognitive and behavioural deficits, interpersonal difficulties, increased risk of developing psychiatric disorders as well as suicide and self-harming behaviours. The causes of insomnia in adolescents are often multifactorial, which suggests the importance of comprehensive assessment. The present talk will discuss the developmental changes in sleep characteristics during adolescence, and review our work on adolescent insomnia as well as recent evidence and challenges in the management of adolescent insomnia.

~All are Welcome~

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