



Department of Psychology  
The University of Hong Kong

香港大學心理學系

## **Brown Bag Lunchtime Seminar (Via Zoom)** **(Theme: Cognition and Neuroscience)**

### **The Associations between Sleep Trajectories and Metacognitive Outcomes**

**12:30 p.m. – 1:30 p.m. | May 27, 2022 (Friday)**



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#### **Abstract**

The relationship between sleep and higher-order cognitive functions has been widely debated. Metacognition is one of the constructs that has seen increased popularity in recent years given its implications in artificial intelligence, but the role of sleep in influencing metacognitive functioning has received limited attention, with the findings mostly cross-sectional. The presenter will elaborate on a thesis study attempting to replicate previous findings of association between age and sleep, utilising a 3-day actigraph habitual sleep period and a 9-year database of sleep variables to predict various cognitive and metacognitive outcomes, comparing cognitive and metacognitive outcomes of sleep quality trajectory groups, and exploring potential evidence of domain-specificity of metacognition. Overall, this thesis has two major findings, habitual sleep duration and long-term sleep quality differences may have limited impact on lab-based cognitive task performances, and the cognitive task results lended partial support to the domain-specific argument for metacognition.

#### **About the speaker**

Hugo is a final year MPhil student under the supervision of Dr. Cheung Sing-hang and Dr. Lau Esther Yuet Ying. His current research focused on using a 9-year database to predict various cognitive functions, including metacognition.

#### **Zoom**

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEEdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



**~All are Welcome~**

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