



Department of Psychology

The University of Hong Kong

香港大學心理學系

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Departmental Seminar

Sleep and the Aging Brain: Connecting the Dots in the Era of Big Data



Dr. Yue Leng, PhD

Associate Professor
Department of Psychiatry and Behavioral
Sciences
University of California, San Francisco

1:15p.m. – 2:00p.m.

CPD-3.28, 3/F

The Jockey Club Tower

Centennial Campus

The University of Hong Kong

Abstract

Mounting evidence suggests a potential bi-directional relationship between sleep and neurodegenerative diseases, including Alzheimer's disease and related dementias (ADRD) and Parkinson's disease (PD) in older adults, in which sleep disturbances precede clinical symptoms, in addition to commonly occurring after disease onset. This bi-directional relationship has important implications for the early detection and intervention of ADRD and PD, yet it remains debatable whether sleep disturbance is a prodromal or modifiable risk factor of ADRD and PD. Our group leverage rich longitudinal data resources from cohort studies, and have applied a number of statistical and data-driven methods to disentangle the bi-directional link between sleep, napping, circadian rhythms and risk of ADRD/PD. In this talk, we will discuss some of our recent findings focused on the role of sleep/circadian disturbances as digital biomarkers or risk factors for ADRD/PD, the implications of these findings, and opportunities for future research.

About the Speaker

Yue Leng is an Associate Professor of Psychiatry at the University of California, San Francisco (UCSF), a Senior Atlantic Fellow at the Global Brain Health Institute, and Director of the MoonLAIT Lab (Moon [Sleep] Lab for AI Technology). She holds an MPhil and PhD in Epidemiology from the University of Cambridge and completed her postdoctoral training at UCSF. Dr. Leng's research focuses on elucidating the links between sleep, circadian rhythms, and the risk of Alzheimer's and Parkinson's disease, employing epidemiological methods alongside AI and big data analytics. Her research has been funded by NIH K99/R00, R21, and R01 awards and has received widespread media coverage.

Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTIzazd2OFZ0Q3FReHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~ All are Welcome ~

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