

Asian Society of Sleep Medicine Interim Meeting

in conjunction with

the 2026 Hong Kong Society of Sleep
Medicine Annual Scientific Meeting

Sleep Technology - AI Wearable

Henry Cheng International Conference Centre
Cheng Yu Tung Building, CUHK, Shatin

Target Audience

Clinicians, medical practitioners,
researchers, frontline mental health workers

Date: 10 Sept 2026

Time: 2pm – 6pm

Half-day workshop
Conducted in English

Programme Highlights

- AI Wearables for Personalized Sleep Health and Sleep Disorder Screening
- Transforming Sleep Health: Innovations in Commercial Wearables
- Wearable and Multimodal AI for Sleep and Mood Detection
- Multimodal AI applications for behavioral phenotyping in neuropsychiatric disorder
- Wearable and Smartphone digital biomarkers for REM sleep behavior disorder

Speakers

Dr. Jae Kyoung KIM

Associate Professor, KAIST
Chief Investigator, IBS

Dr. Stijn Agus Adrianus MASSAR

Research Assistant Professor, NUS

Dr. Man Ho Tim LI

Assistant Professor,
Department of Psychiatry, CUHK

Dr. Lizhou Leo FAN

Vice-Chancellor Assistant Professor,
Department of Psychiatry, CUHK

Dr. Bei Joanne HUANG

Assistant Professor,
Department of Psychiatry, CUHK

For More Details/Enquiries



<http://assm2026-hk.com/>



assm-interimmeeting2026
@cuhk.edu.hk

