

Asian Society of Sleep Medicine Interim Meeting

in conjunction with

the 2026 Hong Kong Society of Sleep Medicine Annual Scientific Meeting

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

Cognitive Behavioral Therapy for Insomnia (CBT-I): From Theory to Practice

Date: 11 Sept 2026 Time: 9:30am – 6:30pm

Target Audience

Clinicians, researchers, medical practitioners,
frontline mental health workers

Full-day workshop
Conducted in English

Programme Highlights

Evidence-Based Foundations

- Neurobiology of insomnia & overview of pharmacological treatments
- Latest developments in insomnia interventions

Comprehensive CBT-I Curriculum

- Theory, assessment, behavioral strategies, and cognitive interventions

Advanced Clinical Skills

- Managing complex cases – CBT-I for special populations
- Motivational Interviewing (MI) for behavioral changes
- Mindfulness Based Interventions (MBIs) / Acceptance & Commitment Therapy (ACT) for insomnia

For More Details/Enquiries



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



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Speakers



Professor Sooyeon Aly SUH

Professor
Department of Psychology,
Sungshin Women's University



Dr. Joey Wing-Yan CHAN

President, Hong Kong Society of Sleep Medicine
Clinical Associate Professor
Department of Psychiatry, Faculty of Medicine,
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Dr. Yaping LIU

Professor and Director of Center for Sleep
and Circadian Medicine,
Guangzhou Medical University
Adjunct Assistant Professor in Department of Psychiatry,
The Chinese University of Hong Kong



Dr. Shirley X. LI

Belinda Hung Outstanding Young Professor
Associate Professor, Department of Psychology,
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Dr. Rachel CHAN

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Department of Psychiatry, Faculty of Medicine,
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Ms. Julia SUN

Clinical psychologist
Department of Psychiatry
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