



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

Overcoming Insomnia: The Past, Present and Future

2:00 p.m. – 3:00 p.m. | October 17, 2016 (Monday)

Social Sciences Chamber | 11/F The Jockey Club Tower | Centennial Campus
The University of Hong Kong



Prof. Colin A. Espie

BSc, MAppSci, PhD, DSc, FBPsS, CPsychol

Professor of Sleep Medicine

Senior Research Fellow, Somerville College

Sleep & Circadian Neuroscience Institute (SCNi)

Nuffield Department of Clinical Neurosciences

University of Oxford

About the Speaker

Prof. Colin A. Espie is the Professor of Sleep Medicine in the Nuffield Department of Clinical Neuroscience at the University of Oxford, and closely involved with the development of the Sleep & Circadian Neuroscience Institute (SCNi). Previously, he was founding Director of the University of Glasgow Sleep Centre, and an Emeritus Professor in the College of Medical, Veterinary and Life Sciences at the University of Glasgow. He also holds or has held adjunct or visiting professorial appointments at the Universities of Sydney, Rome (la Sapienza), Laval (Quebec City) and Rochester (NY).

His particular areas of research expertise are in the assessment and treatment of sleep disorders, most particularly the management of insomnia using Cognitive Behavioural Therapy (CBT), and in studies on the aetiology and pathophysiology of insomnia. His data-based publications illustrate this work. He has also written and edited several books, most recently the Oxford Handbook of Sleep and Sleep Disorders (2012), and co-founded Big Health/ Sleepio (www.sleepio.com) to try to disseminate evidence based digital CBT (dCBT). He is also passionately interested in training people in sleep medicine.

He has received grant support from the Chief Scientist Office (Scotland), Cancer Research UK, National Institutes of Cancer Research, The Wellcome Trust, the Education Endowment Foundation, the Dr Mortimer & Theresa Sackler Foundation, and the National Institutes of Health (NIH: USA). He is immediate past Chair of the Scientific Committee of the European Sleep Research Society (ESRS) and currently serves on its Sleep Medicine and Sleep Education committees. He is currently Membership Chair of the World Sleep Federation, an organization which represents Sleep Research and Sleep Medicine Societies worldwide, and Deputy Editor for the Journal of Sleep Research, the official journal of the ESRS and Deputy Editor of Sleep, the official journal of the American Academy of Sleep Medicine.

~All are Welcome~

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