



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

Sleep and Health: How Sleep Loss Affects Behavior and Brain Function

12:00 p.m. – 1:00 p.m. | December 12, 2016 (Monday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Prof. Ning Ma

School of Psychology
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Abstract

Sleep is very important and occupies about 1/3 of our life. However, insufficient sleep has become an important public health problem in the contemporary society. Sleep loss not only impairs people's cognition and behavior, but also increases the risk for multiple diseases including obesity, cardiovascular diseases, diabetes, depression, and prospective mortality. Specific neurocognitive domains affected by sleep loss include attention, memory, decision making and social judgment. In this seminar, I will present some new findings from my brain imaging studies and other groups about the detrimental effects of sleep loss on behavior and brain function.

About the Speaker

Ning Ma is Professor in the School of Psychology at the South China Normal University. Professor Ma received his Ph. D at the Vrije Universiteit Brussel in 2012 and subsequently was a postdoctoral fellow in the Perelman School of Medicine at the University of Pennsylvania. His research interests are mainly in the effects of sleep deprivation and sleep restriction on human cognition, and the neural basis of social cognition. His recent work in sleep domain focuses on the neural mechanism of sleep deprivation and sleep restriction, especially on people's attention, memory, decision making. His research has been published in multiple scientific journals, including Sleep, NeuroImage, Social Cognitive & Affective Neuroscience, and Scientific Reports.

~All are Welcome~

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