

Departmental Seminar

Sleep and the Regulation of Eating and Weight

4:30 p.m. – 5:30 p.m. | February 1, 2019 (Friday)

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



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Abstract

Short sleep duration is associated with higher body mass and greater risks of obesity in epidemiological studies. Experimental studies have found that sleep restriction alters eating preferences in healthy individuals. Randomized controlled trials of sleep extension programs have shown that extending sleep duration is feasible in healthy individuals and is associated with improved diet quality. What we don't know is whether sleep enhancement interventions are feasible in obese individuals, who have elevated rates of obstructive sleep apnea, and whether sleep improvements will alter food consumption behavior and improve weight loss and long-term weight loss maintenance. This talk will present two ongoing observational, longitudinal studies investigating the prospective associations of sleep parameters with food consumption behavior, physical activity, and weight changes in individuals with obesity in the US and in Hong Kong. The roles of executive functioning and culture as moderators of the relationships between sleep and weight management will be discussed.

~All are Welcome~

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