Dr Chan Wai Sze
Department of Psychology

Biography
Dr Chan Wai Sze is an Assistant Professor in the Department of Psychology at The University of Hong Kong. She also serves as an Adjunct Assistant Professor in the Department of Psychiatry at Dartmouth College in New Hampshire, United States. Dr Chan directs the Sleep, Self-regulation and Health Research Laboratory. The mission is to enhance the understanding of the processes underlying health behaviour changes and to translate this knowledge into effective and scalable interventions. Their research draws from learning theories and self-regulation theories of behaviour. With a focus on sleep, current research aims to unravel the mechanisms underlying the link between sleep and behavioural health and to optimize the use of sleep interventions to improve the wellbeing of vulnerable individuals.

Dr Chan's research interests are behavioral sleep medicine, obesity and eating disorders and sleep and self-regulation.