

### **Concurrent Session 3**

#### **Sleep and Wellness: an Evidence-based Discussion: To Discuss the Consequences and Treatment of Poor Sleep**



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#### **Biography**

Dr. Chung graduated with MBBS from The University of Hong Kong and obtained his specialist qualification in U.K. and Hong Kong and is now a Clinical Associate Professor and Consultant Psychiatrist in General Adult Psychiatry. His research interest is in sleep and mood disorders. He has more than 100 peer-reviewed journal papers and a h-index of 23 as indexed by Scopus.