



Professor Yun Kwok Wing

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Biography

Professor Yun Kwok Wing is currently the Chairman and Professor in the Department of Psychiatry of the Faculty of Medicine of the Chinese University of Hong Kong. He is also the Director of the Li Chiu Kong Family Sleep Assessment Unit of The Chinese University of Hong Kong. Professor Wing was awarded the distinguished national award for Sleep Medicine Scientific Technological Advance in China by the Chinese Medical Doctor Association at 2010 and distinguished contributions to the development of sleep medicine and sleep research by Chinese Sleep Research Society at 2016. He was also awarded the Teacher of the Year Awards, Faculty of Medicine, CUHK in 2012-13. He graduated from the Chinese University of Hong Kong.

Professor Wing has diverse research interest in sleep and circadian medicine, psychiatric disorders, neuropsychiatry, and transcultural psychopharmacology. He has active contribution to the scientific communities, including his leadership role in the Hong Kong Society of Sleep Medicine (ex-President, HKSSM) and Asian Sleep Society of Sleep Medicine (ASSM, Vice-president). He was also involved in the World Association of Sleep Medicine (Scientific Committee, 2011, 2013 and 2015), World Sleep 2017, 2019 and 2022 (Scientific Committee) and program committee member in 2023. He has organised and chaired the Gordon Research conference on the “Cognitive Dysfunction in Brain diseases” in Hong Kong May 2019. He is currently serving at a few editorial boards including his role as Associate Editor in the journal ‘Behavioral Sleep Medicine’.

He and his research group has established the first local epidemiological data of various sleep disorders including sleep deprivation, insomnia, narcolepsy, and parasomnia. In particular, the

group has studied interaction of sleep and circadian propensity with psychiatric disorders. The group has also completed a novel prevention study of insomnia among at-risk adolescents. In addition, the group has extensive work on REM Sleep behavioral disorder, a sleep disorder with high specificity in predicting future alpha-synucleinopathy neurodegeneration. Their recent familial RBD study suggested a strong familial aggregation and staging pathology of alpha-synucleinopathy. The group is working on the brain-gut hypothesis at which the microbiota may have a significant role in predisposing to future synucleinopathy as well as the close relationship among psychiatric disorders, RBD and alpha-synucleinopathy.