for favour of posting
dated on: 2025/11/01

The Chinese University of Hong Kong
Department of Psychiatry
Schedule for November, 2025

Date	Time	Activity	Speaker(s)
Nov6	16:00-17:30	Academic Lecture (SH)* *Sleep and circadian disturbance and their impact on the human microbiome and dysregulated cardiometabolic physiology* Registration: https://bit.ly/4mn36Mm	**Professor Kenneth WRIGHT** Professor of Distinction Graduate Affairs Associate Chair Department of Integrative Physiology University of Colorado Boulder
Nov13	14:30-16:00	Psychotherapy Case Conference (MUL)*# Introduction to Jungnian Psychoanalytic Psychotherapy	Dr. Kenneth WONG
	16:00-17:00	Psychotherapy Supervision (MUL)*#	
Nov20	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	
	16:30-17:30	Medical Staff Forum (MUL)*# *Echo of Loss: Navigating Repeated Bereavement*	Dr. Andy KWONG Dr. Karen CHOY Dr. Marshall LEE
Nov27		No Event	

Venue:	*Live video	#Closed meeting	@Non-CME Event	MUL	TPH	SH	1AL
				Seminar Room, Multi-centre, Tai Po Hospital, Tai Po, N.T.	Conference Room 1 G/F, Wing D Tai Po Hospital Tai Po, N.T.	Dining Room Ward 7AB Dept. of Psychiatry 7/F, Shatin Hospital Shatin, N.T.	Rm. 1005, Dining Room Ward 1AL, 1/F Tai Po Hospital Tai Po, N.T.

Please contact 2607-6025 two days before hand to arrange presentation equipment.

http://www.psychiatry.cuhk.edu.hk

Academic Lecture

Sleep and circadian disturbance and their impact on the human microbiome and dysregulated cardiometabolic physiology



Professor Kenneth P. WRIGHT Jr., PhD
Professor of Distinction
Graduate Affairs Associate Chair
Department of Integrative Physiology
University of Colorado Boulder



6 November 2025 (Thu)
16:00 - 17:30

Dining room, 7AB, 7/F, Shatin Hospital & Zoom

Moderator: Dr. Joey Chan
Associate Professor
Department of Psychiatry
Faculty of Medicine
The Chinese University of Hong Kong

Abstract:

Emerging evidence shows that sleep and circadian disturbances are associated with alterations in the human microbiome. This talk will review key concepts of the human microbiome and associations with sleep and circadian rhythms, introduce mechanisms by which sleep and circadian challenges may impact the microbiome, discuss new findings of integrated insufficient sleep, circadian misalignment, and dysregulated microbiome mechanisms that may contribute to cardiometabolic health problems/risk of disease, and highlight the use of microbiome based countermeasures to improve resilience to sleep and circadian challenges.

Registration

Enquiries:
Ms. Cheryl Leung (cherylleung@cuhk.edu.hk)

Biography of Professor Kenneth Wright



Professor Kenneth P. WRIGHT Jr., PhD

Professor of Distinction
Graduate Affairs Associate Chair
Department of Integrative Physiology
University of Colorado Boulder

Biography:

Kenneth P. Wright Jr., PhD is Professor of Distinction and Associate Chair for Graduate Affairs in the Department of Integrative Physiology, and Director of the Sleep and Chronobiology Laboratory at the University of Colorado Boulder. The National Institutes of Health (NIH) support his current research efforts. Wright manages a large undergraduate, graduate, and postgraduate training program in sleep and circadian physiology at CU-Boulder. Prof. Wright is committed to training the next generation of leaders in the sleep and circadian field. He currently directs two training grants a NIH T32 'Transdisciplinary Training in Sleep and Circadian Rhythms' and a NIH R25 "Multi-Institutional Summer Undergraduate Research Program to Promote Sleep and Circadian Research Careers" and serves on the executive committee for NIH T32 "Integrative Physiology of Aging Training Grant" at University of Colorado Anschutz Medical Campus. He is also on the external advisory board for three sleep and circadian T32s (at Harvard Medical School, Northwestern University and at the University of Miami). Wright serves in leadership, consulting, and advisory roles for government, professional, community, and commercial stakeholders. Wright currently serves on NIH-National Heart, Lung, and Blood Institute (NHLBI) Board of External Experts to NHLBI Advisory Council, on NHLBI T32 Study Section (NITM), on the Governmental Affairs Committee of the Society for Research on Biological Rhythms (SRBR), and as Chair of the American Academy of Sleep Medicine (AASM) Clinical Practice Guideline for the Treatment of Adults with Shift Work Disorder Workgroup. He has served on the NIH Sleep Disorders Research Advisory Board (SDRAB) of the NHLBI, the search committee for the director of the NIH/NHLBI National Center for Sleep Disorders Research, on the Board of Directors of the Sleep Research Society (SRS), chaired the SLEEP meeting program committee, the SRS circadian rhythms section, the SRBR trainee professional development day, and has served on the SRS presidential task forces on Research Funding, SRS Strategic Planning and Scientific Offerings Workgroups. He has served on the AASM task force—evaluation and treatment of circadian rhythm sleep disorders, the AASM Circadian Rhythm Disorders workgroup for the International Classification of Sleep Disorders Revision 3 (ICSD-3), was editor of the SRS bulletin and APSS Trainee Manual in Sleep Research, and was co-chair for the World Sleep Federation Trainee Development Day. He also serves as a reviewer for numerous national and international granting agencies and scientific journals