

Healthy Sleep, Healthy Living



Programme

9.00am

Opening Address

Dr Leow Leong Chai, Consultant

Director, SGH Sleep Centre

Dept of Respiratory & Critical Care Medicine (SGH)

9.05am

Dental Management of Teeth Grinding During Sleep

Dr Amelia Anya Chew, Associate Consultant

Dept of Restorative Dentistry – Prosthodontics (NDCS)

9.35am

Does My Snoring Child Need Surgery?

Dr Lynn Koh Huiting, Consultant

Dept of Otolaryngology (KKH)

10.05am

Sleep Hacking – Facts and Myths

A/Prof Joshua Gooley

Center for Cognitive Neuroscience,

Neuroscience and Behavioral Disorders Program,

Duke-NUS Medical School

10.35am - Tea Break

11.05am

Optimising Sleep Health in Our Children

Dr Tan Yi Hua, Associate Consultant

Dept of Paediatrics, Respiratory Medicine Service (KKH)

11.35am

Frequent Urination At Night and Impotence, Do I Need to See a Sleep Doctor?

Dr Leow Leong Chai, Consultant

Director, SGH Sleep Centre

Dept of Respiratory & Critical Care Medicine (SGH)

Date
Saturday
16th March 2019

Time
9.00am to 12.00pm
(Registration starts at 8.30am)

Venue
Learning Space
Singapore General Hospital
Block 6, Level 1

Limited seats,
register by 13th March via:

▶ Call **6326 6621** or

▶ Email gnsrdu@sgh.com.sg

▶ Via <https://tinyurl.com/wsdpublicforum>

▶ Scan QR Code



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