

## Hong Kong commences first large-scale programme to promote sleep health

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### Using cognitive behavioural therapy to treat insomnia

The Department of Psychiatry at The Chinese University of Hong Kong (CUHK)'s Faculty of Medicine (CU Medicine), along with five local non-governmental organisations, have launched the Jockey Club Sleep Well Project.

It is funded by The Hong Kong Jockey Club Charities Trust and is the first large-scale community outreach programme of its kind in Hong Kong. The Project aims to enhance public awareness of sleep health and to provide those in need with suitable interventions, including cognitive behavioural therapy, the first line treatment for chronic insomnia in adults.

Over 5,500 individuals have registered so far, with approximately 40% reporting moderate to severe insomnia. Sleep coaches are providing personalised services to participants in need. CU Medicine's Psychiatry team will further scientifically validate the efficacy of this stepped care model in managing insomnia.

The long-term goal is to apply it more broadly in clinical settings, facilitating the promotion of healthy sleep in the amelioration and prevention of other health problems.