

FROM INSOMNIA TO SWEET DREAMS: Prioritising Rest for Well-Being

21 MARCH 2025 | FRIDAY | 4.30PM – 6PM | VIA ZOOM

Struggling with sleep? Discover science-backed strategies for a restful night and a healthier you.

WHAT YOU'LL LEARN

- **Why Sleep Matters** – Understand the critical role of sleep in overall health and well-being.
- **Better Sleep Strategies** – Discover practical techniques to improve sleep quality and achieve restful nights.
- **Cognitive Behavioural Therapy for Insomnia (CBT-I)** – Learn about the gold-standard, evidence-based approach to overcoming sleep challenges.



<https://for.sg/ttshsweetdreams2025>

REGISTER
NOW!

OUR
SPEAKER



DR HUANG WANPING
Senior Principal Psychologist
& Head of Department,
Psychology, Tan Tock Seng
Hospital

A specialist in neuropsychological rehabilitation, Dr Huang Wanping helps individuals navigate the psychological, cognitive, and emotional challenges of traumatic brain injury, stroke, and neurological conditions. Recognising the critical role of sleep in overall well-being, she has expanded her expertise into behavioural sleep medicine to support patient recovery and quality of life.

In 2008, she was awarded the Health Manpower Development Plan (HMDP) scholarship by the Ministry of Health (MOH) to pursue postgraduate studies in Clinical Neuropsychology at Macquarie University, Sydney. Her doctoral research examined the impact of pre-injury factors on neuropsychological outcomes in severe traumatic brain injury, deepening her expertise in brain recovery and cognitive resilience.