

Research Seminar:

Optimising sleep related learning: the critical role of environment



DATE

30 April, 2025 (Wed)



TIME

11:00 am to 12:00nn



VENUE

B4-LP-06 @ EdUHK Tai Po
Campus



Prof. Dagmara Dimitriou

UCL Institute of Education, London
Director of the Sleep Education and
Research Laboratory

Abstract

Sleep plays a pivotal role in learning and memory consolidation, influencing cognitive performance and overall academic outcomes. In this talk, Prof Dimitriou will present data from our ongoing sleep-related research involving children and adults. Additionally, this presentation explores how specific environmental variables such as noise, light exposure, and temperature can directly affect cognitive processes essential for learning and memory formation. She will also introduce our latest pilot study investigating the use of haptic stimulation to enhance nocturnal sleep. Furthermore, she will discuss the implications of these findings for educational settings and personal spaces, highlighting how tailored sleep environments can significantly improve learning efficiency and academic performance. This talk aims to provide actionable insights and strategies for creating environments conducive to improved sleep and, consequently, enhanced cognitive and learning outcomes across diverse populations.

Biography

Professor Dimitriou is a Professor of Sleep Education and Research at University College London and the Director of the Sleep Education and Research Laboratory (SERL), which focuses on research examining sleep and mental health in individuals with various developmental and medical conditions. She has published over 100 peer-reviewed articles, book chapters, guidelines, and reports on sleep, cognition, developmental disorders, and medical conditions. Her research and consultancy focus on the development of new sleep interventions and treatments for people across their lifespan. Professor Dimitriou also conducts autism assessments using the Autism Diagnostic Observation Schedule 2 (ADOS-2) and a range of behavioral tools.