NUS MEDICINE / CONTINUING EDUCATION

MASTERING SLEEP

From Sleep Science to Everyday Practice

COURSE DATE	TIME	FORMAT
Sat, 8 May 2027	**9:00 am - 5:00 pm**	**NUS MD9, Level 1, Workshop Room (117593)**

WHY ATTEND?

Better nights. Brighter days.

Discover the science behind sleep, separate facts from myths, and take home practical strategies for healthier sleep and everyday wellbeing.

THE PROGRAMME

7 TOPICS + 1-HOUR ASSESSMENT

09:00 - 09:45	01	**The essentials: why we sleep** What sleep does, why it matters, and common sleep myths.
09:45 - 10:30	02	**Inside the sleeping brain** Sleep stages, sleep pressure and circadian rhythms.
10:30 - 11:30	03	**Measuring sleep: tools and trade-offs** Sleep studies, sleep diaries and wearable devices.
11:30 - 12:15		LUNCH BREAK
12:15 - 12:45	04	**Sleep and physical health** Hormones, metabolism, immunity and physical wellbeing.
12:45 - 13:15	05	**Sleep, stress and performance** Mood, emotion regulation, learning and daily functioning.
13:15 - 13:30		SHORT BREAK
13:30 - 15:30	06	**When sleep is disrupted** Insomnia, sleep apnoea, body clock issues and seeking help.
15:30 - 16:00	07	**Your personal sleep toolkit** Light, caffeine, routines, relaxation and mindfulness.
16:00 - 17:00	A	**Knowledge into practice** Written assessment: 20 MCQs + 2 short case-based questions.

NUS National University of Singapore

COURSE CODE OPEN-SOM-PHYMSS

NUS Medicine | Continuing Education

Department of Physiology | Trainer: Dr Noof Abdullah Saad Shaif (MBBS, MSc, PhD)

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Meet Your Trainer



Dr Noof Abdullah Saad Shaif (MBBS, MSc, PhD)

Dr Noof Abdullah Saad Shaif (MBBS, MSc, PhD) is an Instructor in the Department of Physiology at NUS Medicine. Her research focuses on stress, cognitive arousal, sleep reactivity, and insomnia, and their implications for sleep health. She teaches physiology to undergraduate medical and dental students and sleep-related topics to master's students. She is passionate about making sleep science understandable and relevant to everyday life.

In Mastering Sleep: From Sleep Science to Everyday Practice, she brings together her medical background, research expertise, passion for science, and experience in education to translate scientific knowledge into practical, evidence-based strategies that help individuals better understand and improve their sleep.

Who Should Attend

Teachers, healthcare professionals,
HR and workplace wellbeing personnel,
counsellors, and the general public.