NUS National University of Singapore | Department of Physiology
Yong Loo Lin School of Medicine

Programme Code: OPEN-SOM-PHYMSS

Mastering Sleep: From Sleep Science to Everyday Practice

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.

Link to Faculty Profile: https://medicine.nus.edu.sg/phys/about-us/academic-staff/educator-track/noof-abdullah-saad-shaif/