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EDUCATION
Postdoctoral Research [Economy Class Syndrome], École Polytechnique de Montréal
PhD [Occupational Health, Safety & Ergonomics], University of Oulu, Finland
Masters [Industrial Health and Safety], University of Oulu, Finland
Research Interests

Health Behavior
— Psychotherapy, music & dance therapy
— Physical activity, healthy attitude, wellbeing
— Shift design, synchronization, adjustment

Occupational & Environmental Medicine
— Sleep disorders in artificial lights
— Sleep in extreme environment (space)
— Biological rhythm, chronic disorders

Sleep Psychology
— Memory and dream
— Insomnia, drug effects
— Nap, snoring, sleep in dark


Publications


Publications


Research grants


• 2013-2016 [70,000RM, ERGS/1/2013/SSI07/UNIMAS/01/01, co-researcher]: Design & development of inner bamboo transit bicycle. RIMC: Institute of Design & Innovation, Universiti Sarawak Malaysia.

• 2014-2016 [200,000RM, applied]: Ergonomic issues causing workers’ carpal tunnel syndrome in keropok lekor industry in Terengganu. FRGS-2 Grants (Ministry of Higher Education, Malaysia).

• 2014-2017 [200,000RM, applied]: Development of ergonomic supporting device to reduce risk of carpal tunnel syndrome among the workers involved in repetitive job-tasks in Malaysian auto manufacturing industry. UM-UniSZA Collaborative Research Grants, Ministry of Higher Education, Malaysia.


• 2003-2005 [$81,000]: EMG based biomechanical study for evaluation of prolonged seating dynamics. IRSST Research Funds (www.irsst.qc.ca/en/_boursier_640.html), applied with Dr. Daniel Imbeau [École Polytechnique de Montréal], Dr Rakheja & Dr Shiping Ma [Concordia University, Montréal, Canada].
Sleep disorders and therapy
Related Journals

- Alzheimer's Disease & Parkinsonism
- Brain Disorders & Therapy
Sleep disorders and therapy
Related Conferences

- Annual Summit on Sleep Disorders and Medicine August 10-12, 2015 San Francisco, USA
- 2nd International Conference on Alzheimer's Disease and Dementia September 23-25, 2014 Valencia, Spain
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