



AUSTRALASIAN CHRONOBIOLOGY SOCIETY

**21st Annual Scientific Meeting
October 15th, 2024**

PROGRAM

KEYNOTE SPEAKER:

Prof Sean Cain



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Arrival tea and coffee 9:00 am**MORNING SESSION: 9:15 am – 10:15 am**

KEYNOTE: Prof Sean Cain
Flinders University Circadian health and the impact of light

Morning Tea: 10:15 am**LATE MORNING SESSION: 10:45 am – 12:00 pm**

Jennifer Walsh
University of Western Australia Daylight saving time – is it a forward or backward step for our health?

Svetlana Postnova
University of Sydney Annual variation of sleep and melatonin: untangling social vs. solar effects

Shane Maloney
University of Western Australia Body temperature as a modulator of peripheral clocks

James Cheeseman
University of Auckland An online tool for biological rhythms analysis (*presented on behalf of David Cumin, University of Auckland*)

Lunch: 12:00 pm**AFTERNOON SESSION: 12:50 pm – 2:30 pm**

James Cheeseman
University of Auckland The effect of general anaesthesia on circadian patterns in rate in the mouse

Elise Facer-Childs
Monash University Chronobiology in the athlete context

Nicola Ludin
University of Auckland The Sleep Ninja app: Sleep and mental health for young people

Georgia Clarke
University of Adelaide The association between meal patterns and timing with body composition in pregnant women in Australia.

Daniel Windred
Flinders University Higher central circadian temperature amplitude is associated with greater metabolite rhythmicity in humans

Tim David Smithies
Central Queensland University How exactly does travel across time zones impact team sport performance? A systematic search and narrative review

Afternoon tea: 2:30 pm**LATE AFTERNOON SESSION: 3:00 pm – 4:30 pm**

Shuzheng Huang
University of Sydney Effect of flight time on jetlag duration: a systematic modelling study

Yijun Ji
Monash University Within-subject variation in circadian timing in shift workers

Sebastian Raison
University of Sydney A bistable stochastic model quantifies attentional lapses on the psychomotor vigilance task during sleep deprivation

Sophie Fowler
University of Newcastle Poor sleep quality is related to severity of gastrointestinal symptoms in patients with disorders of gut-brain interactions

Elie Marie Walsh
Monash University Sleep regularity and circadian alignment intervention for improving mental health in athletes (SCIMA): Study protocol for a pilot trial.

Ethan Wei Min Lee
University of Sydney The influence of chronotype on obstructive sleep apnoea severity, sleepiness, and daytime functioning

Eric Lin Shen
University of Sydney What is the association between circadian behaviours and sleep quality in young adults? Cross-sectional study in university students

Sophie Curtis
University of Queensland The impact of circadian misalignment on sleep in mice

Cathy Zhang
Monash University The relationships among the menstrual cycle, sleep, and diurnal mood in exercising women

Awards and closing remarks: 4:30 pm**Post-conference drinks and celebrations: 5:00 pm**