

AUSTRALASIAN CHRONOBIOLOGY SOCIETY

23rd Annual Scientific Meeting

November 10th, 2026
Customs House, Brisbane

PROGRAM



KEYNOTE SPEAKER:
Prof Tami Martino

Thank you to our 2026 Meeting Sponsors:

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CHI. Circadian Health Innovations

clocks & sleep

Arrival tea and coffee 8:30 am	
MORNING SESSION: 9:00 am - 10:50 am	
KEYNOTE: Prof Tami A. Martino *University of Guelph*	Timing is everything: The heart, the clock, and the future of medicine
Dr Susannah Tye *University of Queensland*	Depression as a Disorder of Biological Timing
A/Prof Nicole Lovato *Flinders University*	Translating circadian research into clinical practice
Morning Tea: 10:50am	
LATE MORNING SESSION: 11:15 am – 1:00 pm	
Dr Meltem Weger *University of Queensland*	Feeding rhythms, glycogen, and the timing of hepatic protein secretion
A/Prof Mike Haydon *University of Melbourne*	Time is of senescence: circadian control of leaf senescence and grain quality in wheat
Prof Siobhan Banks *Adelaide University*	Teams Working Around the Clock
Dr Ben Weger *University of Queensland*	Beyond fat and fibrosis: the circadian and endocrine dimensions of MASLD
Prof Sean Cain *Flinders University / Circadian Health Innovations*	Circadian Health Innovations
Lunch: 1:00pm	
AFTERNOON SESSION: 1:50 pm - 2:30 pm	
Mrs Caroline Cameron *The University of Western Australia, Auckland University of Technology*	Effects of Cycled Light and Noise on Sleep-Wake Rhythms in Preterm Infant
Dr Jane Choi *Children's Hospital of Philadelphia & University of Western Australia*	The Natural Killer cell clock limits immune-mediated pathology and promotes lung repair during influenza infection
Dr Rachel Stirling *University of Melbourne*	Diurnal patterns of epileptic seizures in people with epilepsy
Dr Kalina Rossa *Child Health Research Centre, University of Queensland*	Associations Between Objectively Measured Sleep Regularity and Cardiac Autonomic Function in Young Adults
Dr Natasha Sorensen *The University of Western Australia and The Kids Research Institute Australia*	Cycled light and noise promote early development of circadian rhythms in salivary melatonin and cortisol in very preterm infants
DATA BLITZ: 2:30 pm – 3:00 pm	
Dr Daniel Joyce *University of Southern Queensland*	You Snooze, You Lose: Sleep Inertia Links Alarm Snoozing to Poorer Sleep and Psychological Wellbeing
Miss Krutika Ambani *Flinders University*	Characterisation of the Post-Illumination Pupil Response for Short vs. Long Stimuli
Dr Mirim Shin *Brain and Mind Centre, The University of Sydney*	Rethinking covariate adjustment in psychiatric biomarker research
Ms Yijun Ji *Monash University*	The Role of Individual Light Exposure Patterns in Circadian Phase Shifting Response to Various Roster Patterns
Miss Ruby Grace Smith *Appleton Institute, CQUniversity*	Identifying what non-standard-hours workers need from a digital sleep and physical activity coach through human-centred design
Ms Rochelle De Silva *University of Melbourne*	Prevalence of Infradian Rhythms in Human Heart Rate
Dr Angus Fisk *University of Sydney*	Not all circadian disruption protocols are created equal
Mr Dominic Hoyle *University of Queensland*	Physiological ER stress as a regulator of diurnal hepatic protein secretion
Ms Ella Graham *Monash University*	Trajectories of Subjective Memory Function and Its Relationship with Sleep Disturbance Across Pregnancy and the First Postpartum Year in Women with Symptoms of Insomnia
Afternoon tea: 3:00pm	

LATE AFTERNOON SESSION: 3:25 pm - 4:40 pm	
Dr Alicia Allan *The University of Queensland*	Screen-based devices as potential evening light sources for children
Dr Malisa Burge *Flinders University*	Evening Melanopic Light Dose-Dependently Elevates Alpha and Sigma Activity During REM Sleep
Dr Pranavan Somaskandhan *The University of Queensland*	Light Regularity in Children: Preliminary Findings on Daily Light Exposure and Consistency
Pilar Artiach Hortelano *Monash University*	What influences time taken to fall asleep in teens? longitudinal exploration of circadian timing, homeostatic sleep drive and pre-sleep arousal on sleep initiation in adolescents
Mr Du Young Kim *University of Auckland*	Long-term memory impairment following general anaesthesia varies with circadian time of exposure in Drosophila melanogaster
Ms Weiqi Cheng *Monash University & Flinders University*	Naturalistic melanopic light exposure patterns in shift workers are associated with sleep regularity and shift type
Miss Rosalind Ge *University of Melbourne / Orygen*	Naturalistic Light Exposure Patterns, Sleep, and Clinical Functioning in Youth at Clinical High Risk for Psychosis
Mr Harrison Smith *The University of Western Australia*	A matter of time: antenatal corticosteroids and fetal outcomes
Awards and closing remarks: 4:40 pm	
Post-conference drinks and celebrations: 5:00pm onwards	