



# AUSTRALASIAN CHRONOBIOLOGY SOCIETY

**22<sup>nd</sup> Annual Scientific Meeting**  
**October 7<sup>th</sup>, 2025**

**PROGRAM**

**KEYNOTE SPEAKER:**  
A/Prof Grace Vincent



Thank you to our 2025 Meeting Sponsors:



Arrival tea and coffee 9:00 am	
MORNING SESSION: 9:15 am – 10:15 am	
<b>KEYNOTE:</b> Associate Professor Grace Vincent <i>Central Queensland University</i>	How Work and Biology Clash in a 24/7 World
Morning Tea: 10:15 am	
LATE MORNING SESSION: 10:45 am – 12:00 pm	
Professor Michael Gradisar <i>Sleep Cycle, WINK Sleep</i>	Searching for the light with my good eye closed
Associate Professor Tracey Sletten <i>Monash University</i>	Chronobiology in the shift working world: Disruption and intervention
Dr Julia Stone <i>University of Melbourne</i>	Improved tracking of circadian timing using physiological markers of light sensitivity
Lunch: 12:05 pm	
AFTERNOON SESSION: 12:55 pm – 2:40 pm	
Dr Ben Bullock <i>Swinburne Institute of Technology</i>	The effects of daylight-saving time transitions on psychiatric outcomes: A systematic review of epidemiological data
Dr Kelly Sansom <i>Flinders University</i>	Shift work and long-term mental health outcomes
Dr Charlotte Gupta <i>Central Queensland University</i>	Exploring the timing of food and caffeine intake at night in Australian police officers
Dr Dean Miller <i>Central Queensland University</i>	Circadian adaptation rate after eastward and westward travel in athletes
Emily Westwood <i>University of Queensland</i>	Do daily light patterns predict infant sleep? Within-child effects of daily light exposure on sleep time and bedtime difficulties at 12-months of age
Dr Luis Mascaro <i>Monash University</i>	Training schedules and light as synchronisers of athlete circadian rhythms
Afternoon tea: 2:40 pm	
LATE AFTERNOON SESSION: 3:10 pm – 4:30 pm	
Jessica Nicolazzo <i>Monash University</i>	Circadian phase in insomnia and delayed sleep-wake phase disorder during adolescence
Elaina Vlassopoulos <i>Monash University</i>	Ticking in Tandem? A comparison of the clock gene feedback loop in the medial vestibular nucleus and suprachiasmatic nucleus
Satyam Sangeet <i>University of Sydney</i>	Modelling amyloid beta dynamics modulated by sleep-wake cycles
Rebecca Fitton <i>Monash University</i>	Relationships between melanopsin-mediated pupillary responses, manic symptoms, and mood stabilisers in patients with bipolar disorder
George Annas <i>University of Sydney</i>	Understanding the impact of environmental factors on adolescents' sleeping patterns in the Pacific Islands
Yijun Ji <i>Monash University</i>	The role of light in predicting circadian phase shifts in shift workers
WeiQi Cheng <i>Monash University</i>	Sleep regularity is related to variance in sleep stage composition
Awards and closing remarks: 4:30 pm	
Post-conference drinks and celebrations: 5:00 pm	