

CUSTOMS HOUSE SYDNEY



AUSTRALASIAN CHRONOBIOLOGY SOCIETY

16th Annual Scientific Meeting
October 15th 2019

PROGRAM

Partner journal:



clocks & sleep



**TURNER
INSTITUTE FOR
BRAIN AND
MENTAL HEALTH**



**THE UNIVERSITY
OF QUEENSLAND**
AUSTRALIA

Arrival tea and coffee: 8:45 am	
MORNING SESSION: 9:00 am – 10:20 am	
KEYNOTE: Paul Zimmet <i>Professor of Diabetes, Monash University</i>	“Clashing with our ‘Body Clock’”: Hidden threat to Australia’s health and economy
INTERNATIONAL SPEAKER: Ken Wright <i>University of Colorado</i>	The impact of circadian and sleep disruption on the microbiome
Morning Tea: 10:20 am – 10:40 am	
LATE MORNING SESSION: 10:40 am - 12:15 pm	
Ian Hickie <i>University of Sydney</i>	Developing effective interventions for circadian disturbances in young people with mood disorders
Leon Lack <i>Flinders University</i>	The endogenous biological and behavioral circadian rhythms of delayed sleep-wake phase disorder patients
Greg Roach <i>Appleton Institute, CQ University</i>	Circadian adaptation to night work increases as exposure to light in the morning and early-afternoon decreases
Yu Sun Bin <i>University of Sydney</i>	Jetlag: what’s new and what’s next?
Sveta Postnova <i>University of Sydney</i>	Predicting alertness, sleep, and circadian dynamics in real-world shiftwork
Sean Cain <i>Turner Institute, Monash University</i>	Home light environments in the context of human light sensitivity
Lunch: 12:15 pm – 1:00 pm	
AFTERNOON SESSION: 1:00 pm – 2:40 pm	
Andrew Phillips <i>Turner Institute, Monash University</i>	Irregular sleep as a marker of circadian disruption
Charli Sargent <i>Appleton Institute, CQ University</i>	What is the best daytime sleep strategy for a night shift worker?
James Frederick Cheeseman <i>University of Auckland</i>	Development and decay of the clock in <i>Drosophila melanogaster</i>
Martin Knapp <i>Retired Lecturer & Physician</i>	Chronotherapeutics of hypertension in Progressive Kidney Failure
Julia Stone <i>Turner Institute, Monash University</i>	Optimizing circadian phase prediction using pupil metrics
Kristina M Cook <i>University of Sydney</i>	Tick tock on the cancer clock: the impact of hypoxia on tumour circadian rhythms
Alicia Allan <i>University of Queensland</i>	Characterisation of office light environments
Joanne Carpenter <i>University of Sydney</i>	Suicidality and subjective vs objective sleep-wake disturbances in young people with mood disorders
Afternoon tea: 2:40 pm – 3:00 pm	
LATE AFTERNOON SESSION: 3:00 pm – 5:00 pm	
Tahereh Tekieh <i>University of Sydney</i>	Modelling melanopsin-mediated effects of light on circadian phase and sleepiness
Julia Chapman <i>Woolcock Institute, University of Sydney</i>	Subjective symptoms, not objective circadian measurements, are predictive of depression in insomnia disorder
Benjamin Weger <i>University of Queensland</i>	The microbiome drives male-female differences in diurnal metabolic rhythms
Daniel P. Windred <i>Turner Institute, Monash University</i>	Sleep regularity is associated with attitude towards sleep as a time commitment
Michelle Y Coleman <i>Turner Institute, Monash University</i>	6-sulphatoxymelatonin and cortisol rhythms in unmedicated major depressive disorder: a pilot study in the field
Janelle Yuan Yuan Chong <i>University of Auckland</i>	Combined effects of light and general anaesthesia on mammalian locomotor activity rhythms
Nathan Skinner <i>University of Otago</i>	Metabolic dysfunction caused by light disruptions is abrogated by strict feeding regimes
Wahaj Anwar A Khan <i>RMIT</i>	The effect of rotating shift schedules on sleep, mood and stress of Australian paramedics: a field study
Jared Stern <i>Doherty Institute, University of Melbourne</i>	Cell-associated HIV RNA and the ratio of HIV RNA to DNA have circadian cycles in HIV-positive individuals on antiretroviral therapy
Danielle Bayes <i>Swinburne University</i>	Sleep problems in primary school aged-children: a common process across internalising and externalising behaviours?
Beatriz Corene Francisco <i>UERMMMCI</i>	A study to determine the relationship of chronotype to cognitive ability and overall health status of third year physical therapy students in UERMMMCI
Andrew Reiter <i>Appleton Institute, CQ University</i>	Can a watch tell body clock time? Phase relationships between dim light melatonin onset and sleep markers determined from actigraphy, sleep diaries and the munich chronotype questionnaire
Victoria O'Callaghan <i>University of Queensland</i>	Genetic and environmental influences on the relationship between sleep and anxiety/depression in adolescent twins