

AUSTRALASIAN CHRONOBIOLOGY SOCIETY

18th Annual Scientific Meeting - Online
November 11th, 2021

PROGRAM

SESSION 1: 10:00AM – 12:30PM AEDT

KEYNOTE: Richa Saxena <i>Harvard Medical School, Massachusetts General, Broad Institute</i>	Human circadian genetics
INVITED SPEAKER: Erin Flynn-Evans <i>NASA</i>	How do humans sleep in space? What we know and what we need to understand before we go to the Moon and Mars
Sean Cain <i>Monash University</i>	Measuring circadian light
Amy Reynolds <i>Flinders University</i>	Shift work, sleep disorders, and absenteeism
Meltem Weger <i>University of Queensland</i>	Diurnal regulation of hepatic protein processing and secretion
Benjamin Weger <i>University of Queensland</i>	Disruption of the circadian clock component BMAL1 elicits an endocrine adaption that impacts on insulin sensitivity and liver disease

SESSION 2: 1:00PM – 4:00 PM AEDT

Daniel Windred <i>Monash University</i>	Objective assessment of sleep regularity in 60,000 UK Biobank participants using an open-source package
Anthony Hand <i>Monash University</i>	The association between sleep and light regularity in adolescents
Emily Westwood <i>University of Queensland</i>	The significance of light in children's development: a systematic review
Andrew Reiter <i>Appleton Institute</i>	Concordance of chronotype categorisations based on dim light melatonin onset, the morningness-eveningness questionnaire, and the munich chronotype questionnaire
Dean Miller <i>Appleton Institute</i>	The impact of chronotype on the sleep and training responses of elite female Australian footballers
Ran Yan <i>Edith Cowan University</i>	Dietary FODMAP intake and its association with sleep in people with Irritable Bowel Syndrome who follow a low FODMAP diet
Samantha Lee <i>University of Sydney</i>	Caregiver experiences and perceptions of melatonin use in school-aged children and adolescents: an Australian perspective
Rebecca Cooper <i>University of Melbourne</i>	Development of chronotype in adolescence: implications for brain development and psychopathology
Kayla McMahon <i>Monash University</i>	Exploring factors related to the efficacy of a pilot application for sleep and wellbeing in shift workers
Charley Jin <i>University of Sydney</i>	Social jetlag does not contribute to daytime sleepiness in obstructive sleep apnoea
Jennifer Lou <i>University of Sydney</i>	Does light measured using smartphone apps predict sleep quality in university students?
Julia Korva <i>University of Sydney</i>	Anti jetlag strategies and reference scores for the liverpool jetlag scale in university students

SESSION ONE/SESSION 2 START TIMES:

VIC/NSW – 10:00AM/1:00PM. QLD: 9:00AM/12:00PM
SA: 9:30AM/12:30 PM. NZ: 12:00PM/3:00PM WA: 7:00AM/10:00AM

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