

CUSTOMS HOUSE BRISBANE



AUSTRALASIAN CHRONOBIOLOGY SOCIETY

19th Annual Scientific Meeting
November 7th, 2022

PROGRAM

KEYNOTE SPEAKER:
Professor Greg Murray
Swinburne University



2022 Meeting Sponsor:

MELIUS
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Arrival tea and coffee 9:00 am

MORNING SESSION: 9:30 am – 10:30 am

KEYNOTE:

Professor Greg Murray
Swinburne University

Biological rhythms and mental health: Emerging questions

Morning Tea: 10:30 am

LATE MORNING SESSION: 11:00 am – 12:40 pm

Greg Willis
The Bronowski Institute

Bright light therapy, sleep, movement and circadian function in parkinson's disease: extrapolations from a ten-year study

Frederic Gachon
The University of Queensland

Revisiting the hierarchical organization of central and peripheral circadian clocks

Tracey Sletten
Monash University

Chronobiology in the sky and on ice: circadian rhythms in extreme settings

Robert Boots
The University of Queensland

Core body temperature and sleep patterns of critically ill patients: relation to clinical outcomes

Heidi Sutherland
Queensland University of Technology

A role for circadian clock genes in migraine

Lunch: 12:40 pm

AFTERNOON SESSION: 1:25 pm – 3:00 pm

Charlotte Gupta
Central Queensland University

The impact of breaking up sitting on the experience of gastrointestinal complaints after a lunch meal during the nightshift

Julia Stone
Monash University

Tailoring light exposure recommendations based on light sensitivity

Pureum Kim
University of Queensland

The timing of the nocturnal rise of pineal melatonin determines the onset of sleep in C3H/He mice.

Daniel Windred
Monash University

Light at night and disrupted circadian rhythms increase hazard of all-cause and cardio-metabolic mortality in ~87,000 UK Biobank participants

Hailey Meaklim
Monash University

Improving trainee psychologists' knowledge and skills to manage sleep and circadian rhythms disorders in psychology practice

Dayna Easton
Central Queensland University

Investigating the relationship between circadian type and physical activity on markers of night shift adaptation.

Sinh Lu
Monash University

Differential effects of pre-bedtime device use on early adolescents' sleep, contingent on device type and media content

Afternoon tea: 3:00 pm

LATE AFTERNOON SESSION: 3:30 pm – 5:00 pm

Luis Mascaro
Monash University

Sex differences in the relationship between circadian alignment and athlete psychological strain in elite Australian Rules footballers

Meagan Crowther
Central Queensland University

Longitudinal studies of sleep, physical activity and nutritional intake in shift workers

Anthony Hand
Monash University

Differences in light exposure relative to clock and circadian time in morning and evening type adolescents

Malisa Burge
Monash University

Me, myself, and I: blue-light changes the way we think about ourselves.

Nicholas Garner
University of Queensland

Effects of chronotype on academic performance: a longitudinal case study from the university of queensland

Angus Burns
Monash University

Low daytime light and high light at night are associated with psychiatric disorders: an objective light study in ~85,000 UK Biobank participants