

PROGRAM

9:30 am

Arrival tea and coffee/Registration

10:00 am

Sean Cain
President, Monash University (VIC)

Welcome

10:10 am

Joshua Gooley
Duke NUS, Singapore

Effects of sleep loss and circadian rhythms on behavioral responses to alcohol

10:40 am

Elizabeth Klerrman
Harvard University (US)

Using mathematical models to explore human circadian physiology

11.10 am

Morning Tea

11:40 am

Mary Carskadon
University of South Australia (SA)

Smell Perception and Taste Detection: Preliminary Data from Forced Desynchrony

12:00 pm

Mary Harington
Smith College (US)

Effects of exercise on the response to a forced desynchrony in mice

12:20 pm

Steve Lockley
Harvard University (US)

Modeling neurocognitive decline and recovery during repeated cycles of extended sleep and chronic sleep deficiency

12:40 pm

Lunch

1:40 pm

Oliver Rawashdeh
University of Queensland (QLD)

Recovery of 24-hour sleep-wake cycles in the absence of the master circadian clock: it's all about motivation

1:55 pm

Saly Ferguson
The Appleton Institute (SA)

Sleeping with one ear open

2:10 pm

Leon Lack
Flinders University (SA)

Do Delayed Sleep Phase Disorder patients have a slower biological clock?

2:25 pm

Tracey Sletten
Monash University (VIC)

Melatonin for Delayed Sleep Phase Disorder: improving sleep initiation and daytime impairments.

2:40 pm

Martin Knapp
University of Tasmania (TAS)

Time dependent variations in immune cells and in immune responses

3:00 pm

Afternoon Tea

3:30 pm

Amy Reynolds
The Appleton Institute (SA)

From little things big things grow: Do microscopic intestinal bacteria influence the relationship between shiftwork and disease?

3:40 pm

Sarah Jay
The Appleton Institute (SA)

Effects of On-Call Instructions on Pre-Sleep Stress and subjective Sleep Disruption

3:50 pm

Michele Lastella
The Appleton Institute (SA)

Flight schedules disrupt the sleep of professional soccer players

4:00 pm

Grace Vincent
The Appleton Institute (SA)

Adding sleep restriction to the equation: impacts on wildland firefighters' work performance and physiology in hot conditions.

4:10 pm

Jade Murrar
Monash University (VIC)

The association between depression and circadian misalignment in Delayed Sleep Phase Disorder

4:20 pm

Jessica Martino
The Cairnmillar Institute (VIC)

A Longitudinal Study on the Therapeutic Effects of Light Therapy on Insomnia and REM Sleep Behaviour Disorder of Parkinson's Disease.

4:30 pm

Dean Miller
The Appleton Institute (SA)

Comparing sleep/wake behaviours across Football Codes

4:35 pm

Madeline Sprajcer
The Appleton Institute (SA)

Title TBD

4:40 pm

Nikhil Suresh
Monash University (VIC)

The Effect of Circadian Phase on Executive Function