

# PROGRAM

9:30 am

## Arrival tea and coffee/Registration

10:00 am	Sean Cain <i>President, Monash University (VIC)</i>	Welcome
10:10 am	Joshua Gooley <i>Duke NUS, Singapore</i>	Effects of sleep loss and circadian rhythms on behavioral responses to alcohol
10:40 am	Elizabeth Klerrman <i>Harvard University (US)</i>	Using mathematical models to explore human circadian physiology

11.10 am

## Morning Tea

11:40 am	Mary Carskadon <i>University of South Australia (SA)</i>	Smell Perception and Taste Detection: Preliminary Data from Forced Desynchrony
12:00 pm	Mary Harington <i>Smith College (US)</i>	Effects of exercise on the response to a forced desynchrony in mice
12:20 pm	Steve Lockley <i>Harvard University (US)</i>	Modeling neurocognitive decline and recovery during repeated cycles of extended sleep and chronic sleep deficiency

12:40 pm

## Lunch

1:40 pm	Oliver Rawashdeh <i>University of Queensland (QLD)</i>	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 <i>The Appleton Institute (SA)</i>	Sleeping with one ear open
2:10 pm	Leon Lack <i>Flinders University (SA)</i>	Do Delayed Sleep Phase Disorder patients have a slower biological clock?
2:25 pm	Tracey Sletten <i>Monash University (VIC)</i>	Melatonin for Delayed Sleep Phase Disorder: improving sleep initiation and daytime impairments.
2:40 pm	Martin Knapp <i>University of Tasmania (TAS)</i>	Time dependent variations in immune cells and in immune responses

3:00 pm

## Afternoon Tea

3:30 pm	Amy Reynolds <i>The Appleton Institute (SA)</i>	From little things big things grow: Do microscopic intestinal bacteria influence the relationship between shiftwork and disease?
3:40 pm	Sarah Jay <i>The Appleton Institute (SA)</i>	Effects of On-Call Instructions on Pre-Sleep Stress and subjective Sleep Disruption
3:50 pm	Michele Lastella <i>The Appleton Institute (SA)</i>	Flight schedules disrupt the sleep of professional soccer players
4:00 pm	Grace Vincent <i>The Appleton Institute (SA)</i>	Adding sleep restriction to the equation: impacts on wildland firefighters' work performance and physiology in hot conditions.
4:10 pm	Jade Murrar <i>Monash University (VIC)</i>	The association between depression and circadian misalignment in Delayed Sleep Phase Disorder
4:20 pm	Jessica Martino <i>The Cairnmillar Institute (VIC)</i>	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 <i>The Appleton Institute (SA)</i>	Comparing sleep/wake behaviours across Football Codes
4:35 pm	Madeline Sprajcer <i>The Appleton Institute (SA)</i>	Title TBD
4:40 pm	Nikhil Suresh <i>Monash University (VIC)</i>	The Effect of Circadian Phase on Executive Function