



# 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  
*Professor of Diabetes, Monash University* “Clashing with our ‘Body Clock’”: Hidden threat to australia’s health and economy

**INTERNATIONAL SPEAKER:** Ken Wright  
*University of Colorado* 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  
*University of Sydney* Developing effective interventions for circadian disturbances in young people with mood disorders

Leon Lack  
*Flinders University* The endogenous biological and behavioral circadian rhythms of delayed sleep-wake phase disorder patients

Greg Roach  
*Appleton Institute, CQ University* Circadian adaptation to night work increases as exposure to light in the morning and early-afternoon decreases

Yu Sun Bin  
*University of Sydney* Jetlag: what’s new and what’s next?

Sveta Postnova  
*University of Sydney* Predicting alertness, sleep, and circadian dynamics in real-world shiftwork

Sean Cain  
*Turner Institute, Monash University* 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  
*Turner Institute, Monash University* Irregular sleep as a marker of circadian disruption

Charli Sargent  
*Appleton Institute, CQ University* What is the best daytime sleep strategy for a night shift worker?

James Frederick Cheeseman  
*University of Auckland* Development and decay of the clock in *Drosophila melanogaster*

Martin Knapp  
*Retired Lecturer & Physician* Chronotherapeutics of hypertension in Progressive Kidney Failure

Julia Stone  
*Turner Institute, Monash University* Optimizing circadian phase prediction using pupil metrics

Kristina M Cook  
*University of Sydney* Tick tock on the cancer clock: the impact of hypoxia on tumour circadian rhythms

Alicia Allan  
*University of Queensland* Characterisation of office light environments

Joanne Carpenter  
*University of Sydney* 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  
*University of Sydney* Modelling melanopsin-mediated effects of light on circadian phase and sleepiness

Julia Chapman  
*Woolcock Institute, University of Sydney* Subjective symptoms, not objective circadian measurements, are predictive of depression in insomnia disorder

Benjamin Weger  
*University of Queensland* The microbiome drives male-female differences in diurnal metabolic rhythms

Daniel P. Windred  
*Turner Institute, Monash University* Sleep regularity is associated with attitude towards sleep as a time commitment

Michelle Y Coleman  
*Turner Institute, Monash University* 6-sulphatoxymelatonin and cortisol rhythms in unmedicated major depressive disorder: a pilot study in the field

Janelle Yuan Yuan Chong  
*University of Auckland* Combined effects of light and general anaesthesia on mammalian locomotor activity rhythms

Nathan Skinner  
*University of Otago* Metabolic dysfunction caused by light disruptions is abrogated by strict feeding regimes

Wahaj Anwar A Khan  
*RMIT* The effect of rotating shift schedules on sleep, mood and stress of Australian paramedics: a field study

Jared Stern  
*Doherty Institute, University of Melbourne* Cell-associated HIV RNA and the ratio of HIV RNA to DNA have circadian cycles in HIV-positive individuals on antiretroviral therapy

Danielle Bayes  
*Swinburne University* Sleep problems in primary school aged-children: a common process across internalising and externalising behaviours?

Beatriz Corene Francisco  
*UERMMMCI* 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  
*Appleton Institute, CQ University* 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  
*University of Queensland* Genetic and environmental influences on the relationship between sleep and anxiety/depression in adolescent twins