

AUSTRALASIAN CHRONOBIOLOGY SOCIETY

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

PROGRAM

SESSION 1: 10:00AM – 12:30PM AEDT

KEYNOTE: Richa Saxena
*Harvard Medical School,
Massachusetts General,
Broad Institute*

Human circadian genetics

INVITED SPEAKER:

Erin Flynn-Evans
NASA

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
Monash University

Measuring circadian light

Amy Reynolds
Flinders University

Shift work, sleep disorders, and absenteeism

Meltem Weger
University of Queensland

Diurnal regulation of hepatic protein processing and secretion

Benjamin Weger
University of Queensland

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
Monash University

Objective assessment of sleep regularity in 60,000 UK Biobank participants using an open-source package

Anthony Hand
Monash University

The association between sleep and light regularity in adolescents

Emily Westwood
University of Queensland

The significance of light in children's development: a systematic review

Andrew Reiter
Appleton Institute

Concordance of chronotype categorisations based on dim light melatonin onset, the morningness-eveningness questionnaire, and the munich chronotype questionnaire

Dean Miller
Appleton Institute

The impact of chronotype on the sleep and training responses of elite female Australian footballers

Ran Yan
Edith Cowan University

Dietary FODMAP intake and its association with sleep in people with Irritable Bowel Syndrome who follow a low FODMAP diet

Samantha Lee
University of Sydney

Caregiver experiences and perceptions of melatonin use in school-aged children and adolescents: an Australian perspective

Rebecca Cooper
University of Melbourne

Development of chronotype in adolescence: implications for brain development and psychopathology

Kayla McMahon
Monash University

Exploring factors related to the efficacy of a pilot application for sleep and wellbeing in shift workers

Charley Jin
University of Sydney

Social jetlag is not associated with daytime sleepiness in patients with obstructive sleep apnoea

Jennifer Lou
University of Sydney

Does light measured using smartphone apps predict sleep quality in university students?

Julia Korva
University of Sydney

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

Trainee Awards funded by:

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