

Arrival tea and coffee 9:00 am

MORNING SESSION: 9:30 am – 10:30 am

KEYNOTE:

Dr David Cunningham
Sunshine Coast Respiratory

Transitioning to the clinic: Is circadian medicine ready for prime time?

Morning Tea: 10:30 am

LATE MORNING SESSION: 11:00 am – 12:45 pm

Sean Cain
Monash University

Light is everything

Elise Facer-Childs
Monash University

Play smarter, not harder: sleep and circadian insights from elite sports

Greg Willis
Bronowski Institute

Circadian Intervention Repairs Long-COVID in a Prodromal Parkinson's Parallel: A Case Series Study

Meagan Crowther
Central Queensland University

Characteristics and correlates of sleep, physical activity and dietary intake in Australian shift workers.

Charlotte Gupta
Central Queensland University

The relationship between time of last daily meal and sleep in overweight Australian adults

Lunch: 12:45 pm

AFTERNOON SESSION: 1:45 pm – 3:00 pm

Janelle Chong
University of Auckland

GABAA receptor expression in the suprachiasmatic nucleus under different light conditions

Rebecca Fitton
Monash University

At-Home Lighting Intervention as an Adjunct to SSRI Treatment for Reducing Depressive Symptom Severity

Piyumi Kahawage
Swinburne University

Chronotherapies Demonstrate Transdiagnostic Potential: A Systematic Scoping Review

Georgia Clarke
University of Adelaide

Circadian patterns of behaviour change during pregnancy in mice

Tiffany Lo
Monash University

Differences in Rest-Activity Rhythms and Sleep Regularity across Preclinical Stages of Alzheimer's Disease

Ashley Montero
Flinders University

Sleep irregularity predicts extent of driving failure under extended wakefulness conditions: A pilot study

Afternoon tea: 3:00 pm

LATE AFTERNOON SESSION: 3:30 pm – 4:30 pm

Malisa Burge
Monash University

From Light to Language; Differentiating Depressive and Sad Narratives through Darkness Imagery in Poetry.

Darah-Bree Bensen-Boakes
Flinders University

Sleep-wake State Discrepancy in Older Adults with Sleep Maintenance Insomnia: Clinical Characteristics and Effect of Cognitive Behavioural Therapy for Insomnia (CBTi)

Dayna Easton
Central Queensland University

The relationship between circadian type and physical activity on sleepiness and fatigue during simulated nightshifts: a randomised controlled trial.

Cassandra Ebony Lee Rose
Flinders University

The Feasibility and Efficacy of Combined Treatment for Preschool-Aged Children with PTSD and Sleep Disturbance

Luis Mascaro
Monash University

Sleep and circadian influences on the cognitive performance of male and female elite Australian Rules football athletes

Awards and closing remarks: 4:30 pm

Post-conference drinks and celebration: 5:00 pm (location TBD)