

Research and Clinical PhD Opportunities: Individualising light for circadian adaptation in shift workers

PROJECT DESCRIPTION

Shift workers experience misalignment between the circadian pacemaker (i.e., body clock) and the timing of sleep and wake. This leads to sleep disruption and sleep loss, impaired alertness and performance, and adverse health outcomes.

Strategic light exposure can facilitate circadian adaptation to shift work schedules, and improve alertness and performance during the night shift. Individualised light interventions tailored each individual's body clock and shift work schedule are lacking.

We are recruiting 2 research/ clinical PhD candidates to work on a large NHMRC-funded trial examining individualised programs to facilitate adaptation to night shift.

The candidate(s) will play a critical role in the delivery of the trial and receive specialist training on state-of-the-art techniques in sleep and chronobiology research.

THE TEAM

We are part of the vibrant Sleep and Circadian Rhythms Program, based in the Turner Institute for Brain and Mental Health, School of Psychological Sciences, Monash University.

Successful candidate(s) will be supervised by Dr Tracey Sletten and Prof Shantha Rajaratnam, and work alongside an interdisciplinary team of experts in circadian physiology, shift work, photobiology and biomathematical modelling.

EXPRESSION OF INTEREST:

Please send inquiries and CV to: Tracey Sletten (tracey.sletten@monash.edu)