Our outlook
The Centre for Sleep Research is a world leader in its field, working to extend our understanding and perception of human sleep, performance, fatigue, cognition and behaviour. As one of the premier sleep research facilities in Australia, we feature a state-of-the-art sleep laboratory. Our researchers are acclaimed leaders in their fields, with expertise in human sleep (adult and paediatric), biological rhythms, sleep disorders, cognitive neuroscience, shiftwork and patient safety. We continue to build on our success and expand our profile domestically and abroad. We achieve this goal by continuing to undertake research with important real-life applications and through public education training and industry consultation aimed at improving the world around us.

Research with us
The Centre for Sleep Research has opportunities for:

- Honours students
- PhD Students
- Masters Students
- Research Assistants
- Postdoctoral positions

We offer places to students from physiology and psychology programs. Students interested in undertaking research at the Centre for Sleep Research are generally invited to work on projects in the centre.
**Our mission**
The overarching mission of the Centre for Sleep Research is to promote sleep health. Our goals are to produce new knowledge about sleep at the levels of genes, brain and cognitive function, physiology and behaviour and translate this knowledge into management of insufficient sleep, poor sleep hygiene and interventions for sleep-related disorders.

**Our people**

**Professor Mary Carskadon**  
Centre Director

**Professor Kurt Lushington**  
Head of School: Psychology, Social Work & Social Policy

**Professor Bill Runciman**  
Patient Safety, President APSF

**Professor Ina Bornkessel-Schlesewsky**  
Professor: Cognitive Neuroscience

**Dr Jill Dorrian**  
Senior Lecturer / Research Fellow

**Dr Siobhan Banks**  
Senior Research Fellow

**Dr Michelle Short**  
Research Fellow

**Dr Mark Kohler**  
Senior Lecturer, CNL

**Dr Hannah Keage**  
Senior Lecturer, CNL

**Dr Louise Wiles**  
Technical Manager: Patient Safety

**Mrs Tamara Hooper**  
Project Manager: Patient Safety

**Mr Stephen Roderick**  
Project Manager: Patient Safety

**Our research**
Through local, national, and international collaborations, the Centre research team has identified a number of important research themes and projects. One major theme concerns the consequences of insufficient sleep across the lifespan. Our research on sleep and circadian timing in adolescents, for example, is a primary example of science that has a global reach. Insufficient and ill-timed sleep are involved in on-going studies of the interaction of work and sleep scheduling. Testing countermeasures for inadequate sleep or circadian phase desynchrony form another of our major research themes. We are evaluating biomarkers that may help identify people at risk for poor outcomes with sleep loss. Several of our projects look at how the timing of meals may impact diet and metabolism.

Another primary set of investigations examines the role of sleep and associated neurophysiology in cognitive function, including learning, memory and emotional tone of cognitive activity. We also take great pride in the research of the Patient Safety group’s efforts to create safe and effective systems of care via collaboration with clinical experts to ensure the delivery is standardised, relevant and timely and to evaluate the appropriateness of healthcare delivery to Australian children. In sum, our science focuses on understanding and improving the human condition through learning about sleep, circadian rhythms, cognition and health care delivery.

**Our colleagues within the centre**

**Cognitive Neuroscience Laboratory (CNL)**
Located in a new facility on the Magill campus, the CNL is extending our knowledge of associations between brain, behaviour, cognition, emotion and language processing. The CNL often works in close collaboration with the Centre scientists and laboratory to explore how, for example, overnight sleep affects memory through various EEG patterns associated with sleep. We also examine how altered or insufficient sleep can ‘color’ emotional memories. Visit the CNL website to learn more:
[https://sites.google.com/site/cnslabunisa/home](https://sites.google.com/site/cnslabunisa/home)

**The Patient Safety Group**
The thriving research projects of the Patient Safety group constitute an important component of the Centre. Their agenda is to improve the quality and appropriateness of health care delivery to Australian adults and children which encompasses projects of global significance. These research projects are in collaboration with the Australian Institute of Health Innovation (AIHI, UNSW) and are funded through partners and the NHMRC. This group also includes the Australian Patient Safety Foundation (APSF) who are a non-profit independent organisation dedicated to the advancement of patient safety.
Visit the APSF website to learn more: [www.apsf.net.au/](http://www.apsf.net.au/)