

Chronobiology Council annual meeting

Thursday 12 February, 12:30PM AEDT via Zoom

Minutes

Present: Julia Stone (Chair), Nicole Lovato (Co-Chair), Madhu Chandratilleke, Hannah Scott, Mischka Yates (Minutes)

Educational opportunities for members 2026

The Council discussed potential educational initiatives for 2026.

An email would be sent to Council members inviting suggestions for educational topics. Julia Stone noted the need to clarify scope, including format and available resources. One proposed topic was sleep regularity / applied chronobiology, with a clinically focused approach (e.g. how to measure sleep regularity and apply it in practice). A practical “how-to” short course was suggested.

The group also discussed incorporating content overlap with other disorders. Julia Stone suggested securing buy-in may be easier for a symposium model. She would draft a proposal and seek Council feedback across the three education streams: Sleep DownUnder, short courses and webinars.

ACTION: Julia Stone to draft a proposal and seek council feedback

ACTION: Mischka Yates to draft a council wide email and send to chairs for input

Council office bearers

The following positions are open to all council members. Members who are interested in these roles can email their interest to communications@sleep.org.au.

The Chair/co-Chair will stand for 2 years and all other office bearers will stand for 1 year.

Co-Chairs

Current co-chairs: Julia Stone; Nicole Lovato

Vacancies: Julia Stone has stepped down. Nominations for the co-chair position are open.

Conference Committee – To help organise Sleep DownUnder 2026

Website - Each Council needs someone to work on the Council pages of the ASA website, both members and public pages. There is no need for technical expertise on the web for this position, the person has to decide what information should be put onto the website, and send this to Mischka: communications@sleep.org.au

General business

Hannah Scott thanked Julia Stone and Nicole Lovato for their significant contributions as co-chairs and acknowledged the workload involved. She noted the importance of increasing broader Council participation. She also advised that structural discussions are occurring at Board level, but Council should continue progressing its current work in the meantime.

Meeting close