Project Title: The magic of SAGIC: understanding sleep and circadian rhythms and their impact on health	Code: NCS9

Host School / Institute: Northern Clinical School / Kolling Institute/ Charles Perkins Centre	**Address:** Charles Perkins Centre, Camperdown Campus

Certificates & Clearances required: No

Primary Supervisor: Dr Kate Sutherland

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Co-Supervisor/team: Dr Yu Sun Bin and Prof Peter Cistulli (SAGIC investigators for Royal North Shore Hospital site) will act as expert advisors on the project. The student will be part of the multidiscplinary Sleep Research Group located at the Charles Perkins Centre, University of Sydney.

Project Type: Data Analysis; Literature Review

Project Category: Epidemiology; Sleep Medicine

Skills / Attributes of a successful student:
-Interested in sleep/circadian health
-Self-motivated and able to work independently
-Familiarity with electronic databases for literature searching
-Experience in the use of statistical software (e.g. SPSS, SAS, Stata, R)

Project Keywords: sleep; circadian rhythms; obstructive sleep apnoea; data analysis; statistics

Project Description: Be part of a global research study. The Sleep Apnea Global Interdisciplinary Consortium (SAGIC) conducts research projects worldwide on a variety of topics related to the common sleep disorder, obstructive sleep apnea. Data is collected from people presenting to sleep clinics in the USA, Iceland, Germany, Brazil, Korea, Taiwan, China, and Australia to examine biological, genetic, and social differences in sleep and circadian rhythms and how they relate to obstructive sleep apnoea, and to health more generally. Royal North Shore Hospital, affiliated with Northern Clinical School, University of Sydney, is one of two sites in Australia contributing to the international study.

We seek an enthusiastic student with an interest in sleep/circadian health to help us analyse data from this large study which now includes over 2000 participants. There are several projects that could be tackled using data from this study and which can be tailored to student interests. Examples of potential projects include: (1) Jetlag and chronic sleep disturbances, (2) Circadian preference and the frequency of travel across time zones, (3) Circadian disruption and its influence on the consequences of obstructive sleep apnoea, and (4) Sleep problems throughout the female lifespan.

Through the project, the student will gain crucial skills in data analysis and will demonstrate skills in literature review and proficiency in scientific report writing. We expect the student will author a report that is suitable for publication in a scientific journal.