

Institute for Social Science Research - PhD Student Project

ISSR Impact Area: Education, Health, Policy and Practice

Title: *Sleep and circadian health in non-standard workers and communities*

Supervisor/s: [Associate Professor Simon Smith](#), [Dr Shamsi Shekari Soleimanloo](#)

Funding:

Student Scholarship required

Project description:

From a societal perspective, the availability of workforce outside the 9 am –5 pm working day is necessary in some sectors (e.g. health care, and the trucking, and airline). In addition, the work patterns of parents, school timings or digital technologies are causing sleep and circadian rhythm disruptions in school children. The Sleep and circadian health in non-standard workers and community project could be address these issues through multiple PhD programs, including but not limited to 1) the role of sleep, activity rhythms in performance and behaviour in non-standard workers, 2) effects of non-standard work on household wellbeing and 3) role of school timing, parents work or digital media on young children sleep, circadian health and learning outcomes.

These PhD programs will build on ARC linkage Projects, on-going collaborations with partners or domestic and international scholarships. These projects will provide scientific basis to design effective interventions to mitigate consequences of non-standard work, or sleep loss in young children. Through this project the PhD student will gain experience in literature review, data analyses techniques, as well as theoretical and practical experience in quantitative and qualitative research methods.

The candidate:

We are seeking a candidate who has an excellent academic record and a particular interest in these topics. A strong psychology, health or clinical background is essential as is a commitment to conduct high quality research.

Achievable Outcomes:

- A PhD from the UQ in relevant area
- Multiple scientific papers in high impact research journals
- Experience with oral/written presentations at national/international conferences
- Interact with an interdisciplinary team of researchers in order to optimise research outcomes