

Australasian Chronobiology Society 8th Annual Meeting Instructions to Authors (FULL CONFERENCE PAPERS)

These papers will qualify as full, refereed conference papers (i.e. E2 Publication)

Template

- Please use the template provided at the end of this document to prepare your manuscript. It has been formatted according to the criteria listed below.
- The template includes sample paragraphs in each section as examples of style/formatting.

Manuscript Length

- Manuscripts are to be no longer than 5 x A4 pages (this includes title page, abstract, introduction, methods, results, tables, figures, discussion, acknowledgements, references)

Formatting

- Font: 12pt Times New Roman
- Margins: 2.54 cm (right, left, top and bottom)
- Alignment: justified
- Order of headings: **12pt Bold**, *12 pt Italics*
- Line Spacing: single
- Paragraph Spacing: single line between paragraphs

Abstract

- 300 words - structured with the headings: Aims, Methods, Results, Discussion

Ethics

- The author(s) are expected to state in the methods section that the research protocol has been approved by the local ethics committee and that the research methods conform to the guidelines established by the National Health and Medical Research Council of Australia.

Units

- minute = min
- second = s
- hour = h
- year = yr
- standard deviation = SD
- standard error of the mean = SEM
- statistical reporting examples:
 - $p > .10$
 - $F_{(1,14)} = 2.5, p < .10$

Tables and figures

- A total of two figures/tables can be included in the manuscript.
- Tables/figures must be embedded in the text in the most relevant position.
- Figures must be saved as 'tiff' files before they are inserted into the document.
- Tables and figures should be numbered consecutively in Arabic numerals (e.g. Table 1, Fig. 1) and given a short title (tables) or a short caption (figures).

References

- A maximum of 12 references only.
- The reference list must be arranged alphabetically by the authors' surname and numbered sequentially.
- Reference numbers in the text must be given in square brackets immediately before punctuation.

For e.g. “.... sleep was scored according to accepted criteria [5].”

Sample References

Journal Article

Smith J, Brown MB, Clarke K, Cash RC (2010). The effect of sleep on exercise performance. *Sleep Medicine*, 13: 341-352.

Book Chapter

Smith J (2010). Sleep and appetite. In: Brown MJ, Clarke K (eds). *Human Health*, Washington, DC: Human Kinetics.

Book

Cash RC (2010). *Sleep Deprivation and Performance*, London, UK: Elsevier Press.

Submission Process

- Manuscripts should be saved as a .doc file (i.e. Microsoft 1997 – 2004) **NOT** as a .docx file.
- Please name your manuscript file as shown below. The file name should consist of the first author's surname, followed by their first initial
For e.g. SMITHC
- Completed manuscripts must be emailed to Gerard.Kennedy@vu.edu.au by 17:00 h on Friday 21st October 2011.
- Please note – there is a limit of one first-authored paper per person.

Review Process

- Authors will be notified of the reviewers' comments on Friday 4th November 2011.
- Authors will have one week to respond to the revisions required by the reviewers/editors.
- Revised manuscripts must be emailed to Gerard.Kennedy@vu.edu.au by 17:00 h on Friday 11th November 2011 to be included in the conference proceedings book.

Paper title

Authors (e.g. Smith JS^a, Jones J^a, Pan PM^b - identify author affiliations using superscript letters)

^a affiliation 1 – dept/centre name, institution, city, state

^b affiliation 2 – dept/centre name, institution, city, state

Corresponding author: name and email address only

Abstract

Aims:

Methods:

Results:

Discussion:

Introduction

The forced desynchrony protocol has been employed in several studies to experimentally separate circadian and sleep-wake homeostatic influences on neurobehavioural function [1, 2]. Across a range of tasks (e.g. sustained attention, working memory, cognitive throughput) performance is typically worse during the biological night (i.e. near, but shortly after, core body temperature minimum), and is progressively impaired with increasing time awake. EXAMPLE ONLY

In real work settings, these findings have been used to predict times of performance vulnerability, particularly in occupations in which individuals work at night, work extended shifts, and/or perform tasks that require high levels of attention (e.g. long-haul air crew, medical staff) [3]. EXAMPLE ONLY

Methods

Eleven male volunteers with a mean (\pm SD) age of 22.7 (\pm 2.5) years and a mean body mass index of 21.9 (\pm 2.6) kg/m² gave written informed consent to participate in this study. Participants were in good mental and physical health as determined by a screening interview and responses to a general health questionnaire. They were free of neurological diseases, psychiatric disorders, and sleep disorders, and they did not consume large doses of caffeine (350 mg per day) or alcohol (no more than seven standard drinks per week). EXAMPLE ONLY

Participants were non-smokers, medication free, and had not undertaken shiftwork or international flight in the month prior to the study. In the week prior to study admission, participants were instructed to maintain consistent sleep-wake schedules with ~8 h sleep per night. EXAMPLE ONLY

Results

For maximal grip strength, there was a significant main effect of circadian phase [$F_{(5,50)} = 6.3$, $p < .01$] (Fig. 3). Maximal grip strength tended to be lowest near the circadian nadir and highest at 180 degrees. There was no main effect of prior wake on maximal grip strength [$F_{(6,60)} = 2.1$, $p = .14$] (Fig. 3). EXAMPLE ONLY

Table 1. Title (if required, please use this table template and amend the columns and rows to suit your needs)

Heading	Heading	Heading	Heading	Heading
Variable (units)	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0
Variable (units)	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0
Variable (units)	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0
Variable (units)	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0
Variable (units)	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0	0.0 \pm 0.0

Discussion

A time of day influence on muscle strength of the hand has previously been reported by Martin et al. (1999). The force developed during a maximal voluntary contraction (MVC) of the adductor pollicis muscle (thumb adductor) was significantly greater when tested in the evening (i.e. 18:00 h) as compared to the morning (i.e. 07:00 h). A similar pattern was reported by Gauette et al. (2005) who examined the torque generated during MVCs of the knee extensors at five different times of day (i.e. 06:00 h, 10:00 h, 14:00 h, 18:00 h, 22:00 h) across multiple study days. EXAMPLE ONLY

Acknowledgements

The authors gratefully acknowledge the financial support of the Australian Research Council. EXAMPLE ONLY

References

1. Callard D, Davenne D, Gauthier A, Lagarde D, Van Hoecke J (2000). Circadian rhythms in human muscular efficiency: continuous physical exercise versus continuous rest. *Chronobiology International*, 17: 693-704. EXAMPLE ONLY