



The Australian Society for Medical Research

Media Alert – May 30, 2013

ASMR MEDICAL RESEARCH WEEK® May 30 to June 8 2013

**A CELEBRATION OF AUSTRALIAN HEALTH AND MEDICAL RESEARCH
IN HOBART TODAY!**

WHO: Emeritus Professor Anna Wirz-Justice, ASMR Medalist 2013

WHAT: ASMR Medical Research Week® Dinner

WHERE: Hotel Grand Chancellor in Hobart

WHEN: May 30, 2013, 7:30pm

Anna Wirz-Justice is emeritus Professor and Research Fellow at the Centre for Chronobiology, Psychiatric Hospital of the University of Basel, Switzerland. Anna is director of CET's Chronotherapeutics Consultants, formed in 2004 to advise hospital psychiatrists on the implementation of light and wake therapies as adjuncts to drug treatment of major depression.

Anna's work has transformed the way we understand circadian rhythms, sleep and depression, and how light/dark cycles can be used to improve human health and productivity. She introduced light therapy for winter depression to Europe, when the idea was considered "*a weird alternative from California*".

Sleep debt has implications for obesity and diabetes, workplace errors and accidents with huge costs to society. Translations of her research to clinical practise impact on a diverse range of conditions including depression during pregnancy and sleep disturbances in transplant patients.

Paradoxically, staying awake all night improves major depression within hours!

Editor's Note: Interview and photo opportunities

Professor Wirz-Justice will also be visiting the University of Tasmania, Clinical School.
2:30 to 4pm for judging of Student Presentations.

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Media resource material available from: <http://www.asmr.org.au/MRWMedia.html>

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