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I am a second year PhD student in the Sleep and Circadian Medicine Laboratory at Monash University. Within my PhD research program I am investigating the prevalence of circadian misalignment in Delayed Sleep Phase Disorder (DSPD). This work will aid in the development of improved screening techniques that will allow for improved treatment outcomes for individuals with DSPD. To partially fulfil the aim of my research program, I am also leading a CRC project that will test and compare different algorithms for predicting circadian phase in DSPD and insomnia patients.

As part of this work, I spent a two week industry placement with Philips Research in Eindhoven, Netherlands. The placement in Eindhoven was an excellent opportunity to interact with a number of industry scientists working on various projects, and to compare academic and industry research environments. It was interesting to be exposed to research that was driven by commercial demands, as this is not something I have had a lot of experience with in the past. I feel that this new perspective on the differences and similarities between academic and industry research will help shape my career choices and decisions, both during and after my PhD.

From a practical perspective, the placement was valuable to my professional development, particularly with regard to the use of programs for statistical analyses and the theoretical background behind the algorithms used in modeling sleep parameters. I feel that the knowledge base and skill set gained from this placement in Eindhoven has enhanced my PhD research training experience and has added to my expertise. Additionally, it was beneficial to meet and spend time with the team directly involved in the project, rather than interacting only by telephone and email. This has helped foster good working relationships that will be valuable not only to my project, but to the broader CRC initiative.