**UQ Summer or Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Inflammatory mediators’ impact on sleep**  |
| **Hours of engagement & delivery mode** | 36 hours a week with on campus supervision and some offsite work  |
| **Description:** | Sleep is an essential biological function that supports physical and psychological well-being. Patients cared for in acute care settings experience circadian deregulation which is characterised by abnormal sleep-wake patterns, reduced total sleep time and increased sleep fragmentation. This can have an adverse impact on patient recovery and has been linked to increased hospital length of stay, risk of delirium and an increase in mortality. The aetiology of sleep disturbance is thought to be multifactorial and attributed to extrinsic factors such as noise, artificial light and clinical interactions, and intrinsic factors associated with acute illness such as inflammatory processes. Sleep plays an important role in inflammatory homeostasis, which is altered in acute illness. Pro-inflammatory mediators may be a significant factor that contributes to the abnormal sleep architecture reported amongst acutely ill patients. This research serves to explore the impact of inflammatory biomarkers have in the context of sleep disturbance. The successful applicant will contribute to a review of the literature in relation to this topic and a research program related to sleep in acute care contexts.  |
| **Expected learning outcomes and deliverables:** | The successful applicant will:* Gain experience in searching databases and systematic review processes
* Developing research protocols
* Analysing data
* Developing writing and presentation skills
* Opportunity to generate a publication from their work
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| **Suitable for:** | * For undergraduates in their final year of nursing or psychology
* Postgraduate students in nursing
* Ability to work collaboratively
* Enthusiastic and engaging attitude, keen to learn and take initiative
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| **Primary Supervisor:** | Dr Lori Delaney  |
| **Further info:** | Applicants are welcome to contact Dr Lori Delaney (l.delaney@uq.edu.au) for additional information  |