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Emerging field of circadian medicine receives boost with new global association

June 19, 2023 | News

A major step in advancing circadian-informed diagnosis and treatment for many disorders



World-leading experts in the emerging field of circadian medicine have announced a new global association to further the science of sleep and other circadian rhythms, and take those findings into clinical practice.

The International Association of Circadian Health Clinics (IACHC) will bring together researchers and clinicians across the globe - including the USA, Asia, Europe and Australia - to develop evidence-based, personalised patient care centred around the circadian timing system.

Researchers from Monash University's Turner Institute for Brain and Mental Health and School of Psychological Sciences have formed a working group to steer the association's vision, with colleagues at Harvard Medical School (including Brigham and Women's Hospital and Massachusetts General Hospital), Northwestern University, University of Colorado, Brown University, Canada's McGill University, the Psychiatric Hospital of the University of Basel in Switzerland, the University of Bergen in Norway, and Charité Universitätsmedizin Berlin.

The association will offer members research initiatives, encourage innovation, and drive technological advancements in circadian medicine, through programmes, webinars, workshops, and conferences to foster continuous learning and professional development.

This represents a unified voice for circadian health professionals and clinicians, promoting industry best practices, and influencing policy decisions.