

Mental Health Month Public Lecture - Sleep and Mental Health: Beyond the Basics

**Thursday 15 October
2026**

5.30pm - 7.30pm

Hybrid: Theatre 1, Level 1,
16 University Avenue,
Macquarie University
or Online



**Professor
Christopher Gordon**

Professor of Sleep Health and
Research Leader of insomnia and
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Dr Amelia Scott

Clinical psychologist and early
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School of Psychological
Sciences, Macquarie University

Mental Health Month Public Lecture

Sleep and mental health: Beyond the basics



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Where: Hybrid - Theatre 1, level 1, 16
University Avenue (Australian Hearing
Hub), Macquarie University or online via
Zoom



Register [here](#) or scan the QR code

The bidirectional relationship between sleep and mental health is well established, yet the version that reaches us rarely extends beyond "if you sleep poorly, you feel worse" alongside sleep hygiene advice.

This talk aims to deepen our understanding of how sleep and mental health are related. It discusses the connection between sleep and mental health, clarifies what the literature says compared with what has made it to the posters, and outlines the aspects of sleep health that matter most for mental health. These themes are explored through common clinical scenarios, illustrating how the sleep and mental health link plays out in practice.

The talk offers a more nuanced account of why sleep matters, and how best to care for it.

What you will learn

- How sleep and mental health influence each other
- What the research actually tells us — beyond common sleep advice
- Which aspects of sleep health matter most for mental health
- How this relationship plays out in common real-world scenarios
- Why sleep matters and how best to care for it

Contact lifespan@mq.edu.au with any questions.

