



The 30th Annual Meeting Groningen 2018

Preliminary Program

Thursday, June 21st

University of Groningen, Bernoulliborg, Zernike Campus, Nijenborgh 9, 9747 AG
Groningen

Room: 5161.0253

8:45 - 12:30 **Behavioural and Cognitive Neuroscience (BCN) Graduate school symposium**

Research @ Rhythms

Open to students, post-docs, trainees

Chair: Renske Lok and Stefan Knapen (University of Groningen)

This BCN event will be organised for students on the day preceding the actual SLTBR congress. During this event, two leading scientists will discuss topics that are especially interesting for students:

Prof. Bill Schwartz from the Departments of Neurology and of Integrative Biology at the University of Texas (Austin) and Chief editor of the Journal of Biological Rhythms will present an interactive guide to when, where and how to publish your work.

Prof. Samer Hattar, working at the NIMH in Bethesda (Washington) will talk about the newest insights of retinal circuits underlying the effects of light on rhythms, mood and learning. You might even benefit from this knowledge for your own wellbeing and performance!

After these talks you will be invited for an interactive discussion regarding these topics and your own work. Benefit from the knowledge of these esteemed scientists!

8:45 - 9:00 Welcome by Robert A . Schoevers, Chair of the BCN Graduate School

9:00 - 9:45 Publish or perish: an interactive guide to when, where, and how to publish your work
Bill Schwartz (USA)

9:45 - 10:15 Coffee Break

10:15 - 11:00 How light through retina-brain circuits influences circadian rhythms, mood and learning
Samer Hattar (USA)

11:00 - 12:30 Student pitches and discussion

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9:00 - 12:30	University of Groningen, Bernoulliborg, Zernike Campus, Nijenborgh 9, 9747 AG Groningen. Room: 5161.0267 <u>SLTBR Retreat</u> (Invitational) Former presidents, SLTBR board members
12:30 - 13:30	Lunch Break
13:30 - 16:30	Room: 5161.0267 <u>Workshop</u> Open to all conference participants
13:30 - 13:50	Center for Environmental Therapeutics (CET) Michael Terman (USA)
13:50 - 14:10	Chronotherapy Network Netherlands (CNN) Presentation by Esmée Verwijk and Harm-Pieter Spaans
14:10 - 14:30	Presentation from the Daylight Academy (DLA) TBD
14:30 - 15:00	Coffee Break
15:00 - 15:20	New global CIE standard with metrics to quantify light for light responses influenced by intrinsically-photosensitive retinal ganglion cells Luc Schlangen (NL)
15:20 - 15:40	The Color Technical Group (Optical Society, OSA): Scope, aims and opportunities Manuel Spitschan (UK)
15:40 - 16:30	Discussion
17:00 - 18:00	Social Event: Boat tour through the canals of Groningen (separate registration)
17:00 - 18:00	NH Hotel Groningen, Hanzeplein 132, 9713 GW Groningen SLTBR Board Meeting (board members and past presidents)
19:00 - 21:00	Board member reception (board members and past presidents)

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Friday, June 22th

University Medical Center Groningen (UMCG), Hanzeplein 1, 9713 GZ Groningen;
Room: 'Blauwe Zaal'

8:00 - 8:45 **Registration** (Fontein patio)

8:45 - 12:30 **SLTBR/BCN CME TEACHING COURSE**
Chair: Marijke Gordijn and Ybe Meesters

8:45 - 9:00 **Welcome from the SLTBR President and the Dean of the University of Groningen**

9:00 - 9:45 **Towards an understanding of circadian and seasonal clocks**
Bill Schwartz (USA)

9:45 - 10:30 **On light, circadian rhythms and mood**
Samer Hattar (USA)

10:30 - 11:00 **Coffee Break** (Fontein patio)

11:00 - 11:45 **Chronically disrupted sleep, neuronal plasticity and depression**
Peter Meerlo (NL)

11:45 - 12:30 **Novel chrono-therapeutic strategies in a day treatment program for complex mood disorders**
Robert Levitan (CA)

12:30 - 13:45 **Lunch Break** (Fontein patio)

13:00 - 13:30 **SLTBR Annual Membership Meeting**

13:45 - 15:30 **SYMPOSIUM 1: NEW MARKERS FOR LIGHT AND BIOLOGICAL RHYTHMS**
Chair: Konstantin Danilenko

13:45 - 14:20 **Visual and non-visual responses to short-wavelength light**
Manuel Spitschan (UK)

14:20 - 14:55 **Non-visual responses to light: how do they compare in terms of sensitivity and dynamics?**
Claude Gronfier (FR)

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14:55 - 15:30 Caffeine and light at night; effects on sleep and circadian rhythms in rodents
Tom de Boer (NL)

15:30 - 16:00 Coffee Break (Fontein Patio)

16:00 - 17:30 ORAL PRESENTATIONS I
TBD

17:30 - 18:15 Presentation of the Christian Gillin Young Investigator Awardee 2018
Moderation: Ybe Meesters (NL)

18:15 - 21:00 Poster session; wine & cheese (Fontein Patio)

Saturday, June 23rd

University Medical Center Groningen (UMCG), Hanzeplein 1, 9713 GZ Groningen;
Room: 'Blauwe Zaal'

8:00 - 8:30 Registration (Fontein Patio)

8:30 - 10:15 SYMPOSIUM 2: NEW CHRONOTHERAPEUTIC APPROACHES
Chair: TBD

8:30 - 9:05 Impact of light on functional brain connectivity in young and older individuals
Julie Carrier (CA)

9:05 - 9:40 Is insomnia a rhythm disorder and is chronotherapy useful?
Eus van Someren (NL)

9:40 - 10:15 Novel biomarkers for circadian rhythms and sleep
Derk-Jan Dijk (UK)

10:15 - 10:45 Coffee Break (Fontein Patio)

10:45 - 12:15 ORAL PRESENTATIONS II
TBD

12:15 - 13:15 Lunch Break (Fontein Patio)

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13:15 - 15:00	<u>SYMPOSIUM 3:</u> Chair: TBD
13:15 - 13:50	Blue-blocking glasses as additive treatment for mania: a randomized placebo-controlled trial Tone Henriksen (NOR)
13:50 - 14:25	Light therapy for perinatal depression Katherine L. Wisner (USA)
14:25 - 15:00	Advanced chronotherapeutics for depression during pregnancy Barbara Parry (USA)
15:00 - 15:30	Coffee Break (Fontein Patio)
15:30 - 17:00	<u>ORAL PRESENTATIONS III</u> TBD
19:00 - 22:00	De Rietschans, Meerweg 221, 9752 XC Haren (transportation will be arranged) Banquet Dinner

Sunday, June 24th 2017

University Medical Center Groningen (UMCG), Hanzeplein 1, 9713 GZ Groningen;
Room: 'Blauwe Zaal'

8:30 - 9:00	Registration (Fontein Patio)
9:00 - 12:30	<u>ANNIVERSARY SYMPOSIUM: 30 years of SLTBR – where should we go from here?</u> Moderator: Domien Beersma (NL)
9:00 - 9:35	Who we were, are, and might become Michael Terman (USA)
9:35 - 10:10	Thirty years ago and now: the amazing and wonderful world of light Anna Wirz-Justice (CH)
10:10 - 10:45	Light and darkness; from clinical treatment to healthy lifestyle approach Marijke Gordijn (NL)

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10:45 - 11:15 Coffee Break (Fontein Patio)

11:15 - 11:50 Lunar mood cycles and their relationship to seasonal mood cycles
Tom Wehr (USA)

11:50 - 12:30 General Discussion

12:30 - 13:30 Lunch Break (Fontein Patio)

13:30 - 14:30 Keynote Lecture Norman Rosenthal (USA)
Hot wiring your emotional brain: a novel look at the cranial nerves

14:30 - 15:00 Poster & Travel Awards

15:00 - 15:15 Closing Remarks and Farewell

15:45 - 17:00 Social Event: Boat tour through the canals of Groningen (separate registration)