



## The 30<sup>th</sup> Annual Meeting Groningen 2018 *Preliminary Program*

Thursday, June 21<sup>st</sup>

7:30 - 8:45 Registration in the Lobby of the NH Hotel Groningen

University of Groningen, Bernoulliborg, Zernike Campus, Nijenborgh 9, 9747 AG  
Groningen. Room: 5161.0253

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

**Research @ Rhythms**

<https://www.rug.nl/research/behavioural-cognitive-neurosciences/>

Open to all 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 Research 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)

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11:00 - 12:30 **Student pitches and discussion**

9:00 - 12:30 University of Groningen, Bernoulliborg, Zernike Campus, Nijenborgh 9, 9747 AG  
Groningen. Room: 5161.0267  
**SLTBR Retreat** (Invitational)  
Former presidents, SLTBR board members

12:30 - 13:30 **Lunch Break**

13:30 - 16:30 Room: 5161.0267  
**Multidisciplinary network event with representatives from different societies/committees**  
Open to all conference participants and students, post docs, trainees and BCN members

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 (NL)

14:10 - 14:30 **Presentation from the Daylight Academy (DLA)**  
Kirstin Kopp (CH) and Marion Bétizeau (CH)

14:30 - 14:50 **The Color Technical Group (Optical Society, OSA): Scope, aims and opportunities**  
Manuel Spitschan (UK)

14:50 - 15:20 **Networking coffee break** - offered by the Optical Society of America (OSA)

15:20 - 15:40 **New global CIE standard with metrics to quantify light for light responses influenced by intrinsically-photosensitive retinal ganglion cells**  
Luc Schlangen (NL)

15:40 - 16:30 **Discussion**

17:00 - 18:00 **Social Event: Boat tour through the canals of Groningen** (separate registration)

17:00 - 18:00 University Medical Center Groningen, Hanzeplein 1, 9713 GZ Groningen  
**SLTBR Board Meeting** (board members and past presidents)

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Friday, June 22<sup>th</sup>

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

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

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

9:00 - 12:30      **SLTBR/BCN CME COURSE**

Open to all conference participants and students, post docs, trainees and BCN members

Chair: Marijke Gordijn and Ybe Meesters (NL)

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)

Please note: The remaining part of the meeting is open for registered participants only

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 (RU)

13:45 - 14:20      **Visual and non-visual responses to short-wavelength light**

Manuel Spitschan (UK)

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- 14:20 - 14:55    **Non-visual responses to light: how do they compare in terms of sensitivity and dynamics?**  
Claude Gronfier (FR)
- 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**  
Chair: Zdenka Bendova (CZ)
- 18:15 - 21:00    **Poster session; wine & cheese** (Fontein Patio)

**Saturday, June 23<sup>rd</sup>**

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: Katharina Wulff (UK) & Karin Smolders (NL)
- 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 disorder of rhythm or sleep 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**  
Chair: Christian Cajochen (CH)

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

13:15 - 15:00 SYMPOSIUM 3:  
Chair: Dorothy Sit (USA)

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 ORAL PRESENTATIONS III  
Chair: Klaus Martiny (DK)

19:00 - 22:00 De Rietschans, Meerweg 221, 9752 XC Haren  
Banquet Dinner

Sunday, June 24<sup>th</sup> 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 ANNIVERSARY SYMPOSIUM: 30 years of SLTBR – where should we go from here?  
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)

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10:10 - 10:45 Light and darkness; from clinical treatment to healthy lifestyle approach  
Marijke Gordijn (NL)

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  
Introduction: Michael Terman (USA)

14:30 - 15:00 Poster & Travel Awards

15:00 - 15:15 Closing Remarks and Farewell

17:00 - 19:15 Social Event: A walk through the city of Groningen, followed by a memorable wine tasting experience (separate registration)