Dear Friends & Colleagues,

On behalf of the 2017-2018 board of directors, scientific and planning committees, I would like to welcome you to the 30th Annual Society for Light Treatment and Biological Rhythms meeting in Groningen, The Netherlands, hosted by the University Medical Center Groningen.

This year, the SLTBR Annual Meeting is celebrating the 30th Anniversary and a special symposium has been organized with presentations from founding members of SLTBR. Again this year, we have selected internationally renowned speakers. We are very excited to hear from all of our speakers; I am grateful for their participation in the meeting! I also welcome them to join as members and being an active part of the SLTBR for years to come.

This year we will also have an additional student course, organized and offered by the School of Behavioral and Cognitive Neuroscience (BCN) as well as a networking event for different societies and groups related to lighting research as well as light and chronotherapy.

We are grateful for the support of our sponsors. Without their contributions the meeting would be impossible to organize each year.

Last, but certainly not least, I would like to express my gratitude to the SLTBR board of directors who have contributed countless hours to making this annual meeting possible. This year we will elect four new board members, including a student board member. I am convinced these new members will bring new ideas and more energy into the SLTBR.

Without active involvement and dedication to the meeting and society, the SLTBR would be unable to provide a solid platform needed to promote active discussion and foster progress in the field of light therapy and biological rhythms.

Thank you again for your support and participation, and I hope that you'll enjoy this year’s meeting!

Best wishes,

Mirjam Münch, PhD
SLTBR President, 2016-2018
Mirjam Münch, PhD
Charité University Medicine
Institute of Physiology, Group Sleep Research & Clinical Chronobiology
St. Hedwig-Krankenhaus
Grosse Hamburger Strasse 5-11
D-10115 Berlin, Germany
Phone: +49 (0) 30 2311 2909
Email: mirjam.muench@charite.de

SLTBR Vice President, 2016-2018
Dorothy Sit, MD
Northwestern University
Feinberg School of Medicine
Department of Psychiatry and Behavioral Sciences
Chicago, Illinois 60611, USA
Phone: +1 312-695-8613
Email: dorothy.sit@northwestern.edu

SLTBR Board members 2016-2018
Ybe Meesters, PhD
Local host 2018
University Medical Center Groningen
Haneplein 1, PO BOX 30 001
9700RB Groningen, The Netherlands
Phone: +31 503 613 150
Fax: +31 50 361 1699 Email: y.meesters@umcg.nl

Klaus Martiny, MD, PhD
Past President 2016-2018
Psychiatric Center Copenhagen
Department O, 6202 Rigshospitalet
Copenhagen University Hospitals
Blegdamsvej 9
2100 Copenhagen, Denmark
Phone: +45 38647100
Email: klaus.martiny@regionh.dk

Kathryn Roecklein, PhD
University of Pittsburgh
210 S. Bouquet St
Pittsburgh, Pennsylvania 15260, USA
Phone: +1 412 624 4553
Fax: +1 412 624 4428
Email: kroecklein@gmail.com

Konstantin Danilenko, MD
Institute of Physiology & Basic Medicine
Siberian Branch of the Russian Academy of Medical Sciences
Timakova 4, Novosibirsk 630117, Russia
Phone: +7-383-3348970
Fax: +7-383-3359754
Email: kvdani@mail.ru

SLTBR Administrative Team
Nikki L. Hafezi, MAS IP ETHZ
Administrative Manager
GroupAdvance Consulting GmbH
Gubelstrasse 12
CH-6300 Zug, Switzerland
Phone: +41 41 560 91 91
Fax: +41 41 560 91 99
Email: info@groupadvance.com

John Hanifin, PhD
Treasurer
Thomas Jefferson University
Department of Neurology
1025 Walnut St., Suite 507
Philadelphia, Pennsylvania 19107, USA
Phone: +1 215 955 9409
Fax: +1 215 923 7588
Email: john.hanifin@jefferson.edu
Groningen, June 2018

Dear Colleagues,

This year’s SLTBR Annual Meeting will be organized in collaboration with the Groningen Research School of Behavioural and Cognitive Neurosciences (BCN). Therefore, and on behalf of the board of the Research School BCN, I would like to welcome you to the 30th Annual Society for Light Treatment and Biological Rhythms meeting in Groningen, The Netherlands.

Since 1987 BCN represents the neuroscience research of the Universities of Groningen and Twente. Its interdisciplinary research activities are performed at five different Groningen faculties, the Faculty of Science and Engineering, the Faculty of Medical Science/University Medical Center Groningen, the Faculty of Behavioural and Social Sciences, the Faculty of Philosophy, the Faculty of Arts, and the Technical Medical (TechMed) Centre of the University of Twente.

BCN sees it as its mission to support an active neurosciences community and stimulate translational neurosciences research. It aims to bring together neurosciences research that spans from the specifications of brain activity at the molecular or cellular level, analysis of physical and mental operations, up to the complex level of information processing. Finally, BCN offers students interesting and challenging, science-related Research Master’s and PhD Training Programs.

On the day preceding the SLTBR congress BCN will organize its annual symposium, title ‘Research @ Rhythms’, open to all students, post-docs, trainees. Two leading scientists, Prof. Bill Schwartz (Dep. of Neurology and of Integrative Biology, University of Texas (Austin) and Chief editor of the Journal of Biological Rhythms) and Prof. Samer Hattar (NIMH, Bethesda (Washington)) will discuss two interesting topics: 1. an interactive guide to when, where and how to publish your work, and 2. the newest insights of retinal circuits underlying the effects of light on rhythms, mood and learning, respectively. A great opportunity for our students, post-docs and trainees to meet and exchange knowledge and ideas with these esteemed researchers.

I would like to express my gratitude to the SLTBR to give BCN the opportunity to participate in this year’s SLTBR meeting.

Thanks and I hope that you’ll all enjoy this year’s meeting!

Best wishes,

Prof. Robert Schoevers,
Director BCN
### The 30<sup>th</sup> Annual Meeting Groningen 2018

#### Meeting Program

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>8:15 - 8:45</td>
<td>Name badges and congress bags available for pick-up in Room 5161.0253</td>
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<tr>
<td></td>
<td>University of Groningen, Bernoulliborg, Zernike Campus, Nijenborgh 9, 9747 AG Groningen. Room: 5161.0253</td>
</tr>
<tr>
<td>8:45 - 12:30</td>
<td><strong>Behavioural and Cognitive Neuroscience (BCN) Research school symposium</strong></td>
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<td></td>
<td><strong>Research @ Rhythms</strong></td>
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<td></td>
<td><a href="https://www.rug.nl/research/behavioural-cognitive-neurosciences/">https://www.rug.nl/research/behavioural-cognitive-neurosciences/</a></td>
</tr>
<tr>
<td></td>
<td>Open to all students, post-docs, trainees</td>
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<td></td>
<td>Chair: Renske Lok and Tom Woelders (University of Groningen)</td>
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</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 - 9:00</td>
<td>Welcome by Robert A. Schoevers, Chair of the BCN Research School</td>
</tr>
<tr>
<td>9:00 - 9:45</td>
<td>Publish or perish: an interactive guide to when, where, and how to publish your work</td>
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<td></td>
<td>Bill Schwartz (USA)</td>
</tr>
<tr>
<td>9:45 - 10:15</td>
<td><strong>Coffee Break</strong></td>
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<tr>
<td>10:15 - 11:00</td>
<td>How light through retina-brain circuits influences circadian rhythms, mood and learning</td>
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<td></td>
<td>Samer Hattar (USA)</td>
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<tr>
<td>11:00 - 12:30</td>
<td><strong>Student pitches and discussion</strong></td>
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<td>Time</td>
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<tr>
<td>9:00 - 12:30</td>
<td>SLTBR Retreat (Invitational) Past presidents, SLTBR board members and invited guests</td>
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<tr>
<td>12:30 - 13:30</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>13:30 - 16:30</td>
<td>Multidisciplinary network event with representatives from different societies/committees Open to all conference participants and students, post docs, trainees and BCN members</td>
</tr>
<tr>
<td>13:30 - 13:50</td>
<td>Center for Environmental Therapeutics (CET) Michael Terman (USA)</td>
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<tr>
<td>13:50 - 14:10</td>
<td>Chronotherapy Network Netherlands (CNN) Presentation by Esmée Verwijk and Harm-Pieter Spaans (NL)</td>
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<tr>
<td>14:10 - 14:30</td>
<td>Presentation from the Daylight Academy (DLA) Kirstin Kopp (CH) and Marion Bétizeau (CH)</td>
</tr>
<tr>
<td>14:30 - 14:50</td>
<td>The Color Technical Group (Optical Society, OSA): Scope, aims and opportunities Manuel Spitschan (UK)</td>
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<tr>
<td>14:50 - 15:20</td>
<td>Networking coffee break - complimentary by the Optical Society of America (OSA)</td>
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<tr>
<td>15:20 - 15:40</td>
<td>New global CIE standard with metrics to quantify light for light responses influenced by intrinsically-photosensitive retinal ganglion cells Luc Schlangen (NL)</td>
</tr>
<tr>
<td>15:40 - 16:30</td>
<td>Discussion</td>
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<tr>
<td>17:00 - 18:00</td>
<td>Social Event: Boat tour through the canals of Groningen (separate registration)</td>
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<td></td>
<td>University of Groningen, Room 5171.0504, Linnaeusborg, Nijenborg 7, 9747 AG Groningen (at walking distance of 120 m from the Bernouilleborg)</td>
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<tr>
<td></td>
<td>SLTBR Board Meeting (board members and past presidents)</td>
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<tr>
<td>Time</td>
<td>Activity</td>
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<td>--------------------------------------------------------------------------</td>
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<tr>
<td>7:30</td>
<td>Exhibition Set-up begins (Fontein Patio)</td>
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<tr>
<td>8:00</td>
<td>Poster mounting begins at 8:00 (Fontein Patio)</td>
</tr>
<tr>
<td>8:00 - 8:45</td>
<td>Registration (Fontein Patio)</td>
</tr>
<tr>
<td>8:45 - 9:00</td>
<td>Welcome from the SLTBR President and Robert A. Schoevers, Chair of the BCN Research School, Groningen</td>
</tr>
<tr>
<td>9:00 - 12:30</td>
<td>SLTBR/BCN CME COURSE</td>
</tr>
<tr>
<td>9:00 - 9:45</td>
<td>Towards an understanding of circadian and seasonal clocks</td>
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<tr>
<td>9:45 - 10:30</td>
<td>On light, circadian rhythms and mood</td>
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<tr>
<td>10:30 - 11:00</td>
<td>Coffee Break (Fontein Patio)</td>
</tr>
<tr>
<td>11:00 - 11:45</td>
<td>Chronically disrupted sleep, neuronal plasticity and depression</td>
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<tr>
<td>11:45 - 12:30</td>
<td>Novel chrono-therapeutic strategies in a day treatment program for complex mood disorders</td>
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<tr>
<td>12:30 - 13:45</td>
<td>Lunch Break (Fontein Patio)</td>
</tr>
<tr>
<td>13:00 - 13:30</td>
<td>SLTBR Annual Membership Meeting</td>
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<tr>
<td>13:45 - 15:30</td>
<td>SYMPOSIUM 1: NEW MARKERS FOR LIGHT AND BIOLOGICAL RHYTHMS</td>
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<tr>
<td>13:45 - 14:20</td>
<td>Visual and non-visual responses to short-wavelength light</td>
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</tbody>
</table>

Please note: The remaining part of the meeting is open for registered participants only.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>14:20 - 14:55</td>
<td>Non-visual responses to light: how do they compare in terms of sensitivity and dynamics?</td>
<td>Claude Gronfier (FR)</td>
</tr>
<tr>
<td>14:55 - 15:30</td>
<td>Caffeine and light at night; effects on sleep and circadian rhythms in rodents</td>
<td>Tom de Boer (NL)</td>
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<tr>
<td>15:30 - 16:00</td>
<td>Coffee Break (Fontein Patio)</td>
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<tr>
<td>16:00 - 17:30</td>
<td>ORAL PRESENTATIONS I</td>
<td>Chair: Zdenka Bendova (CZ)</td>
</tr>
<tr>
<td>16:00 - 16:15</td>
<td>ADHD-related symptoms in neuro-typical adults are correlated with increased day-time sleepiness, reduced arousal levels and evening chronotype</td>
<td>Maria Korman (ISR)</td>
</tr>
<tr>
<td>16:15 - 16:30</td>
<td>The effects of bright light therapy on depression, sleep and circadian rhythm in patients with Parkinson’s disease and a depressive disorder: results of a double-blind randomized controlled trial</td>
<td>Sonja Rutten (NL)</td>
</tr>
<tr>
<td>16:30 - 16:45</td>
<td>A pilot study of adjunctive personalized integrated chronotherapy for perinatal mood disorders</td>
<td>Katherine M. Sharkey (USA)</td>
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<tr>
<td>16:45 - 17:00</td>
<td>Prevalence of winter depression in a prospective cohort study</td>
<td>Anna Wirz-Justice (CH)</td>
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<tr>
<td>17:00 - 17:15</td>
<td>The effect of systematic light exposure on sleep and sleep quality in a mixed group of fatigued cancer survivors</td>
<td>Ali Amidi (USA)</td>
</tr>
<tr>
<td>17:15 - 17:30</td>
<td>Efficacy and safety of light therapy for bipolar depression</td>
<td>Francesco Benedetti (IT)</td>
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<tr>
<td>18:15 - 21:00</td>
<td>Poster session; wine &amp; cheese (Fontein Patio)</td>
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<tr>
<td>18:15 - 21:00</td>
<td>All poster presenters are required to participate, and to provide a 2 minute presentation to the poster committee</td>
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</table>
SLTBR 30th Annual Meeting
June 21 – June 24, 2018
Groningen, The Netherlands

Saturday, June 23rd

University Medical Center Groningen (UMCG), Hanzeplein 1, 9713 GZ Groningen; Room: ‘Rode 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) A16

9:05 - 9:40 Is insomnia a disorder of rhythm or sleep and is chronotherapy useful?
Eus van Someren (NL) A70

9:40 - 10:15 Novel biomarkers for circadian rhythms and sleep
Derk-Jan Dijk (UK) A25

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

10:45 - 12:15 ORAL PRESENTATIONS II
Chair: Christian Cajochen (CH)

10:45 - 11:00 Temporal dynamics in light exposure, wellbeing, and sleep among independent living elderly
Karin C.H.J. Smolders (NL) A61

11:00 - 11:15 Pupil responses to colour: a novel insight into the wiring of the human retina
Tom Woelders (NL) A80

11:15 - 11:30 Dynamics of daytime light exposure impacts on sleep architecture in a naturalistic setting
Claudia Nowozin (DE) A48

11:30 - 11:45 Melatonin, body temperature and alertness response to late evening light are reduced by prior early evening light exposure
Luc Schlangen (NL) A65

11:45 - 12:00 Living in the photon space - the biological value of daylight for human wellbeing
Katharina Wulff (UK) A83

12:00 - 12:15 Chronotype and depressive symptoms in students: an investigation of possible mechanisms
Niki Antypa (NL) A69
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
<th>Speaker(s)</th>
<th>Reference</th>
</tr>
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<tbody>
<tr>
<td>12:15 - 13:15</td>
<td>Lunch Break (Fontein Patio)</td>
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<tr>
<td>13:15 - 15:00</td>
<td>SYMPOSIUM 3:</td>
<td>Chair: Dorothy Sit (USA)</td>
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<tr>
<td>13:15 - 13:50</td>
<td>Blue-blocking glasses as additive treatment for mania: a randomized placebo-</td>
<td>Tone Henriksen (NOR)</td>
<td>A37</td>
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<tr>
<td></td>
<td>controlled trial</td>
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<tr>
<td>13:50 - 14:25</td>
<td>Light therapy for perinatal depression</td>
<td>Katherine L. Wisner (USA)</td>
<td>A79</td>
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<tr>
<td>14:25 - 15:00</td>
<td>Advanced chronotherapeutics for depression during pregnancy</td>
<td>Barbara Parry (USA)</td>
<td>A49</td>
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<tr>
<td>15:00 - 15:30</td>
<td>Coffee Break (Fontein Patio)</td>
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<tr>
<td>15:30 - 17:00</td>
<td>ORAL PRESENTATIONS III</td>
<td>Chair: Klaus Martiny (DK)</td>
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<tr>
<td>15:30 - 15:45</td>
<td>Acute exposure to blue light at night impairs glucose tolerance, alters insulin</td>
<td>Anayanci Masis-Vargas (F/NL)</td>
<td>A45</td>
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<td>secretion and increase sugar intake in diurnal rodents</td>
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<tr>
<td>15:45 - 16:00</td>
<td>The effect of bright light on blood pressure and heart rate in essential</td>
<td>Mikhail L. Blagonravov (RU)</td>
<td>A10</td>
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<td>hypertension</td>
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<td>16:00 - 16:15</td>
<td>Additive and opponent spectral effects on melatonin regulation in healthy</td>
<td>John Hanifin (USA)</td>
<td>A35</td>
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<td>humans</td>
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<tr>
<td>16:15 - 16:30</td>
<td>Investigation of retinal spectral-domain optical coherence tomography (SD-OCT)</td>
<td>Cigdem Sahbaz (TR)</td>
<td>A56</td>
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<td>findings on biological rhythm perspective</td>
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<tr>
<td>16:30 - 16:45</td>
<td>Late sleep, early decline: late sleep is associated with increased cellular</td>
<td>Dora S. Wynchank (NL)</td>
<td>A84</td>
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<td></td>
<td>aging</td>
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<tr>
<td>16:45 - 17:00</td>
<td>Peripheral micro RNAs are altered by total sleep deprivation and psychological</td>
<td>Michelle J. Zajko (USA)</td>
<td>A86</td>
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<td></td>
<td>stress and predict cognitive performance in humans</td>
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<tr>
<td>18:00</td>
<td>Shuttle departure from NH Groningen Hanzeplein</td>
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<tr>
<td>18:30 - 22:00</td>
<td>Restaurant De Rietschans, Meerweg 221, 9752 XC Haren</td>
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<td></td>
<td>Banquet Dinner</td>
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<tr>
<td>22:00</td>
<td>Shuttle departure from De Rietschans (to NH Groningen Hanzeplein)</td>
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<tr>
<td>22:30</td>
<td>Shuttle departure from De Rietschans (to NH Groningen Hanzeplein)</td>
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**Sunday, June 24th 2017**

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 - 9:00</td>
<td>Registration (Fontein Patio)</td>
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<tr>
<td>9:00 - 12:30</td>
<td>ANNIVERSARY SYMPOSIUM: 30 years of SLTBR – where should we go from here?</td>
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<td></td>
<td>Moderator: Domien Beersma (NL)</td>
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<tr>
<td>9:00 - 9:35</td>
<td>Who we were, are, and might become</td>
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<td></td>
<td>Michael Terman (USA)</td>
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<tr>
<td>9:35 - 10:10</td>
<td>Thirty years ago and now: the amazing and wonderful world of light</td>
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<td>Anna Wirz-Justice (CH)</td>
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<tr>
<td>10:10 - 10:45</td>
<td>Light and darkness; from clinical treatment to healthy lifestyle approach</td>
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<td></td>
<td>Marijke Gordijn (NL)</td>
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<tr>
<td>10:45 - 11:15</td>
<td>Coffee Break (Fontein Patio)</td>
</tr>
<tr>
<td>11:15 - 11:50</td>
<td>Lunar mood cycles and their relationship to seasonal mood cycles</td>
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<tr>
<td></td>
<td>Tom Wehr (USA)</td>
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<tr>
<td>11:50 - 12:30</td>
<td>General Discussion</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td>Lunch Break (Fontein Patio)</td>
</tr>
<tr>
<td>13:30 - 14:30</td>
<td>Keynote Lecture Norman Rosenthal (USA)</td>
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<tr>
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<td>Hot wiring your emotional brain: a novel look at the cranial nerves</td>
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<td></td>
<td>Introduction: Michael Terman (USA)</td>
</tr>
<tr>
<td>14:30 - 15:00</td>
<td>Poster &amp; Travel Awards</td>
</tr>
<tr>
<td>15:00 - 15:15</td>
<td>Closing Remarks and Farewell</td>
</tr>
</tbody>
</table>
Circadian and reward measures show robust bidirectional relationships in bipolar spectrum disorder in a 20-day naturalistic ecological momentary assessment study
Lauren B. Alloy (USA)  

The effects of exercise and napping on overnight sleep
Karina Ando (JP)  

Synchrony between bipolar mood cycles and lunar tidal cycles ended after initiation of light treatment and treatment of hypothyroidism
David H. Avery (USA)  

Effect of chronotype and time of assessment on cognitive performance
Katarina Baranyaiová (CZ)  

Integration of non-image-forming (NIF) effects of light in venetian blinds and electric lighting control
Marta Benedetti (CH)  

The circadian rhythm of ADHD
Denise Bijlenga (NL)  

Relationship between diurnal variation and depression severity in patients with unipolar major depression
Jonathan Jetsmark Bjerre (DK)  

Prolonged photoperiod induces changes in sleep. The impact of blue-enriched light
Louise H Bjerrum (NOR)  

Estimating parameters in a model of the human circadian rhythm using a particle filter
Jochem H. Bonarius (NL)  

From space flight lighting countermeasures to the patient bedside: developing light therapy for sleep and mood disruption in brain injury
George Brainard (USA)  

Impact of light’s origin on acute alertness
Kai Broszio (DE)  

Effects of light therapy on mood and glucose metabolism in patients with depression and type 2 diabetes
Annelies Brouwer (NL)  

Light therapy: is it safe for the eyes? A systematic review
Annelies Brouwer (NL)
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Special Acknowledgments

Nikki Hafezi
Thank you for the excellent cooperation and all you did for the society!

Klaus Martiny
Thank you for your continued support with the SLTBR website!

Volunteers
Thank you for your time and dedication in taking care of the details!

Anna Wirz-Justice for proof reading all abstracts!

University Medical Center Groningen and the University of Groningen
Thank you for your hospitality and support!

Karger Publisher, Basel, Switzerland
Thank you for publishing our SLTBR meeting abstracts in a Special Issue of Neuropsychobiology!

Dieter Kunz
Thank you for giving working time to the President to be dedicated to SLTBR!

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