



**SLTBR**

Society for Light Treatment  
and Biological Rhythms

SLTBR Meeting 2017, Berlin in Partnership with DIN, June 23 – June 25 2017  
German Institute for Standardization (DIN), Burggrafstraße 6, 10787 Berlin, Germany

## SLTBR Meeting Program Berlin 2017

### Thursday, June 22<sup>nd</sup>

16:00 - 18:00	SLTBR Board Meeting (board members and past presidents only) Hotel Sofitel Kurfürstendamm, Augsburger Str. 41, 10789 Berlin, Germany
15:00 - 17:00	Social Events for SLTBR members and spouses/family Museum Tour – see separate announcement (registration necessary)

### Friday, June 23<sup>rd</sup>

8:30 - 9:00	Registration	
9:00 - 9:15	Welcome from the President	
9:15 - 10:45	<u>CME TEACHING COURSE (PART 1)</u> Chair: Dieter Kunz (DE)	
9:15 - 10:00	History of light therapy Anna Wirz-Justice (CH)	A65
10:00 - 10:45	Photoreception for circadian, neuroendocrine and neurobehavioral regulation George Brainard (USA)	A11
10:45 - 11:15	Coffee Break	
11:15 - 12:45	<u>CME TEACHING COURSE (PART 2)</u>	
11:15 - 12:00	Light at night – darkness during the day Dieter Kunz (DE)	A37
12:00 - 12:45	Overview of clinical applications of light therapy Dorothy Sit (USA)	A52

12:45 - 13:45	Lunch Break	
13:45 - 16:00	<u>DAYLIGHT SYMPOSIUM: THE IMPACT OF DAYLIGHT ON HUMAN HEALTH</u> Chair and Introduction: Jean-Louis Scartezini (CH)	
14:00 - 14:30	Usage of daylight in the built environment; impact on health Marielle Aarts (NL)	A1
14:30 - 15:00	Daylight in living environments and its influence on health Katharina Wulff (UK)	A68
15:00 - 15:30	Natural light in a psychiatric ward and length of stay according to room orientation Klaus Martiny (DK)	A26
15:30 - 16:00	The Daylight Academy or how to use daylight to boost science Lukas von Orelli (CH)	A63
16:00 - 16:30	Coffee Break	
16:30 - 17:30	Panel discussion, moderated by Oliver Stefani (DE) Guests: Speakers of the CME teaching course & the daylight symposium, representatives of the lighting industry	
18:00 - 21:00	Poster session; wine & cheese, Foyer DIN	

Saturday, June 24<sup>th</sup>

8:00 - 8:30	Registration	
8:30 - 10:15	<u>SYMPOSIUM 1:</u> <u>NEW INSIGHTS OF THE IMPACT OF LIGHT ON SLEEP, WAKEFULNESS &amp; MOOD</u> Chair: Kathryn Roecklein (USA)	
8:30 - 9:05	Hypothalamic responses to visual features other than irradiance Robert Lucas (UK)	A41
9:05 - 9:40	The role of melanopsin in the regulation of sleep and arousal Stuart Peirson (UK)	A46

9:40 - 10:15	<b>Molecular markers to assess circadian phase</b> Achim Kramer (DE)	A3
10:15 - 10:45	<b>Coffee break</b>	
10:45 - 12:15	<b>ORAL PRESENTATIONS I</b> Chair: Michael Young (USA)	
10:45 - 11:00	<b>Nocturnal exposure to white light without melatonin suppression: using spectral tuning to turn light into biological darkness</b> Jan L. Souman (NL)	A57
11:00 - 11:15	<b>Can light improve alertness during the daytime in a dose-dependent manner?</b> Renske Lok (NL)	A40
11:15 - 11:30	<b>Differences of the pupil response during exposure to light of different spectral compositions and intensities: preliminary findings</b> Jan de Zeeuw (DE)	A21
11:30 - 11:45	<b>Effects of lighting color temperature on effort intensity for cognitive and listening tasks</b> Ruta Lasauskaite (CH)	A38
11:45 - 12:00	<b>Turn down the light at night? Investigating the effect of blocking blue light exposure in the evening on sleepiness and sleep</b> Karin C.H.J. Smolders (NL)	A54
12:00 - 12:15	<b>Local mid-day concentration of carbon monoxide in arterial blood in the mammalian head area during summer vs. winter</b> Marek Koziorowski (PL)	A35
12:15 - 13:15	<b>Lunch Break</b>	
13:15 - 15:00	<b><u>SYMPOSIUM 2: FROM BENCH TO BEDSIDE - IMPACT OF LIGHT ON METABOLISM, SLEEP &amp; COGNITION</u></b> Chair: Dan Oren (USA)	
13:15 - 13:50	<b>Light exposure, circadian entrainment, and metabolism</b> Kenneth Wright Jr. (USA)	A67

13:50 - 14:25	<b>Metabolic effects of light</b> Konstantin Danilenko (RU)	A19
14:25 - 15:00	<b>The impact of light on neurobehavioral performance</b> Steven Lockley (USA)	A39
15:00 - 15:30	Coffee break	
15:30 - 16:15	Presentation of the Christian Gillin Young Investigator Awardee 2017	
16:15 - 17:15	<b>Keynote Lecture Christian Cajochen (CH)</b> Non-visual impact of light on human sleep and circadian physiology	A15
17:15 - 18:00	SLTBR Annual Membership Meeting	
19:00 - 22:00	Banquet Dinner at the Hotel Sofitel Kurfürstendamm	

Sunday, June 25 <sup>th</sup> 2017		
8:00 - 8:30	Registration	
8:30 - 10:15	<u><b>SYMPOSIUM 3: CLINICAL, GENETIC AND NEURAL BIOMARKERS OF SEASONAL MOOD DISORDERS AND RESPONSE TO LIGHT THERAPY</b></u> Chair: Francesco Benedetti (IT)	
8:30 - 9:05	<b>Imaging and genetic of response</b> Francesco Benedetti (IT)	A7
9:05 - 9:40	<b>Bright light effects on blood</b> Dan Oren (USA)	A45
9:40 - 10:15	<b>Melanopsin driven pupillary reflexes in seasonal affective disorder</b> Kathryn Roecklein (USA)	A49
10:15 - 10:45	Coffee break	

10:45 - 12:15	<b>ORAL PRESENTATIONS II</b> Chair: Stuart Pierson (UK)	
10:45 - 11:00	<b>Determining retinal exposure - the importance of field-of-view</b> David H. Sliney (USA)	A53
11:00 - 11:15	<b>The effects of light exposure on circadian phase in seasonal affective disorder</b> Caitlin M. DuPont (USA)	A24
11:15 - 11:30	<b>Wake and light therapy for moderate to severe depression</b> Mette Kragh (DK)	A36
11:30 - 11:45	<b>Light exposure via head-mounted devices suppresses melatonin and improves vigilant attention without affecting cortisol and subjective comfort</b> Christina Schmidt (BE)	A51
11:45 - 12:00	<b>Chronotype as a predictor of future status of depressive and anxiety disorder diagnosis</b> Stella J.M. Druiven (NL)	A23
12:00 - 12:15	<b>DIM-LIGHT-MELATONIN ONSET – the influences of season and weekly structure</b> Giulia Zerbini (NL)	A70
12:15 - 12:45	Poster & Travel Awards	
12:45 - 13:00	Closing Remarks and Farewell	
13:00 - 16:00	Lunch & Tour at the Clinic for Sleep & Chronomedicine, St. Hedwig Hospital Berlin	

POSTER PRESENTATION – FRIDAY, JUNE 23, 18:00 – 21:00 h

Delayed sleep onset latency, poor sleep quality and blunted positive affect in evening types:  
experimental findings and implications for treatment

Niki Antypa (NL)

A4

Lunar tidal cycles in a rapid cycling bipolar patient

David H. Avery (USA)

A5

Proceedings of the bright up study: light therapy in antepartum depression

Babette Bais (NL)

A6

On the integration of non-image-forming (NIF) effects of light on venetian blinds and electric  
lighting control

Marta Benedetti (CH)

A8

Sand rats see the light: use of diurnal rodents for the study of depression

Carmel Bilu (IL)

A9

Melatonin production in essential hypertension under common and modified light schedules

Mikhail L. Blagonravov (RU)

A10

A novel brain circuitry modulates depression following aberrant light exposure

Olivier Brock (UK)

A12

Bright-study: light exposure, circadian rhythm and sleep problems in elderly with intellectual  
disabilities

Mylène N. Böhmer (NL)

A13

Spatial distribution of lighting scenes and its impact on non-visual effects

Kai Broszjo (DE)

A14

Chronotype assessments of three monozygotic child twins

Kateřina Červená (CZ)

A16

A double blind, placebo controlled randomized trial of light therapy for non-seasonal bipolar  
vs. unipolar depression

Magdalena Chojnacka (PL)

A17

Internal synchrony and mood: a study of circadian misalignment in bipolar depression

Sara Dallspezia (IT)

A18

6-day combined partial wake and light therapy for depression

Konstantin V. Danilenko (RU)

A20

<b>A pilot replication study of two per3 single nucleotide polymorphisms as potential genetic markers for morning and evening earliness-lateness</b> Vladimir B. Dorokhov (RU)	A22
<b>The “life-on” project: chronobiology, sleep-related risk factors and light therapy in perinatal depression</b> Corrado Garbazza (CH)	A25
<b>A multicenter randomized controlled trial for bright light therapy in adults with intellectual disability and depression: study protocol</b> Pauline C.M. Hamers (NL)	A27
<b>Higher light color temperature positively impacts preschoolers’ cognitive performance</b> Lauren E. Hartstein (USA)	A28
<b>The combined effects of dawn simulation and a sleep state before awakening on the sleepiness just after awakening</b> Kazuhiro Hatta (JP)	A29
<b>Luminaires with non-visual characteristics – photometric measurements and comparison of five electric lighting systems</b> Caroline Hoffmann (CH)	A30
<b>Relationship between cytokines, body mass index and chronotype of people</b> Taganmyrat Hojageldiyev (TM)	A31
<b>Acute non-image forming effects of diurnal light exposure: the role of prior light exposure</b> Laura M. Huiberts (NL)	A32
<b>Constructing a new psychiatric ward using new technology and chronotherapeutic principles</b> Håvard Kallestad (NO)	A33
<b>Circadian rhythm disturbances in patients with bipolar disorder, unaffected siblings and healthy controls</b> Stefan E. Knapen (NL)	A34
<b>Social jetlag and dysfunctional circadian rhythm entrainment associate with ADHD symptoms in adults</b> Niall M. McGowan (IRL)	A42
<b>Bright morning light exposure reduces daytime cortisol concentrations and increases REM sleep duration</b> Claudia Nowozin (DE)	A44

Evening light exposure relationship between morning-evening preference and sleep timing Anna M. Narbut (RU)	A47
Influence of monochromatic light on melatonin suppression and EEG data in patients with bipolar I disorder in comparison to healthy subjects Philipp Ritter (DE)	A48
Increase of alertness due to spectral power distribution and illuminance at eye level in a lecture hall Inga Rothert (DE)	A50
Modelling inter-individual variations in daily rhythms in students' sleepiness and self-control as a function of chronotype Karin C.H.J. Smolders (NL)	A55
Towards human-centric lighting for office buildings: pilot study on the interactions of visual, perceptual and non-visual effects of workplace (day) lighting Victoria Eugenia Soto Magan (CH)	A56
Two hours of 10 lux light exposure induced suppression in melatonin of humans Katarína Stebelová (SK)	A58
A pilot metabonomic study of major depressive disorder with winter-type seasonal pattern Walter Swardfager (CA)	A59
Correlated colour temperature effects of morning light exposure on alertness and body temperatures Marije te Kulve (NL)	A60
Chronotherapy in the Netherlands Esmée Verwijk (NL)	A61
Room-light: dynamic led-light as treatment for depressed inpatients - a randomized clinical trial Carlo Volf (DK)	A62
The effect of naturalistic light on depressive mood, fatigue, subjective sleep quality and melatonin and cortisol blood levels in stroke patients admitted for rehabilitation Anders West (DK)	A64
Effectiveness of visual vs. auditory closed-loop stimulation on delta sleep brain oscillations in humans Sergei V. Yarosh (RU)	A69