29th Annual Meeting Program
June 23-25, 2017 - Berlin, Germany
In Partnership with DIN
Berlin, June 2017

Dear Friends & Colleagues,

On behalf of the 2016-2017 board of directors, scientific and planning committees, I would like to welcome you to the 29th Annual Society for Light Treatment and Biological Rhythms meeting in Berlin in collaboration with the DIN (German Institute for Standardization).

This year, the SLTBR Annual Meeting is immediately following the DIN Experts Panel on the topic of “Biological light effects on humans.” Together, 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.

The travel grants and the J Christian Gillin Young Investigator Award have been major incentives for students to participate in the annual meeting. Each year, the number of applicants continues to rise, and this year we had hit a record high number of applicants. We are grateful for the support of our sponsors, who have made these travel grants and award possible.

We are also quite pleased to welcome back a record number of past presidents and current board members who will be attending the meeting. These participants will surely add to lively discussions during the program.

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. Without your support, the meeting would not have been possible.

Without their active involvement and dedication to the meeting and society, the SLTBR would unable to provide a solid platform needed to promote active discussion and debate 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
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German Institute for Standardization (DIN), Burggrafenstraße 6, 10787 Berlin, Germany

SLTBR Meeting Program Berlin 2017

**Thursday, June 22**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:00 - 18:00</td>
<td>SLTBR Board Meeting (board members and past presidents only) Hotel Sofitel Kurfürstendamm, Augsburger Str. 41, 10789 Berlin, Germany</td>
</tr>
<tr>
<td>15:00 - 17:00</td>
<td>Social Events for SLTBR members and spouses/family Museum Tour – see separate announcement (registration necessary)</td>
</tr>
</tbody>
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**Friday, June 23**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:00</td>
<td>Registration</td>
</tr>
<tr>
<td>9:00 - 9:15</td>
<td>Welcome from the President</td>
</tr>
<tr>
<td>9:15 - 10:15</td>
<td><strong>CME TEACHING COURSE (PART 1)</strong> Chair: Dieter Kunz (DE)</td>
</tr>
<tr>
<td>9:15 - 10:00</td>
<td>History of light therapy Anna Wirz-Justice (CH)</td>
</tr>
<tr>
<td>10:00 - 10:45</td>
<td>Photoreception for circadian, neuroendocrine and neurobehavioral regulation George Brainard (USA)</td>
</tr>
<tr>
<td>10:45 - 11:15</td>
<td>Coffee Break</td>
</tr>
<tr>
<td>11:15 - 12:45</td>
<td><strong>CME TEACHING COURSE (PART 2)</strong></td>
</tr>
<tr>
<td>11:15 - 12:00</td>
<td>Light at night – darkness during the day Dieter Kunz (DE)</td>
</tr>
<tr>
<td>12:00 - 12:45</td>
<td>Overview of clinical applications of light therapy Dorothy Sit (USA)</td>
</tr>
</tbody>
</table>
### SLTBR Meeting 2017, Berlin in Partnership with DIN, June 23 – June 25 2017
German Institute for Standardization (DIN), Burggrafenstraße 6, 10787 Berlin, Germany

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>12:45 - 13:45</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>13:45 - 16:00</td>
<td><strong>DAYLIGHT SYMPOSIUM: THE IMPACT OF DAYLIGHT ON HUMAN HEALTH</strong></td>
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<tr>
<td></td>
<td>Chair and Introduction: Jean-Louis Scartezzini (CH)</td>
</tr>
<tr>
<td>14:00 - 14:30</td>
<td>Usage of daylight in the built environment; impact on health</td>
</tr>
<tr>
<td></td>
<td>Marielle Aarts (NL)</td>
</tr>
<tr>
<td>14:30 - 15:00</td>
<td>Daylight in living environments and its influence on health</td>
</tr>
<tr>
<td></td>
<td>Katharina Wulff (UK)</td>
</tr>
<tr>
<td>15:00 - 15:30</td>
<td>Natural light in a psychiatric ward and length of stay according to room orientation</td>
</tr>
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<td></td>
<td>Klaus Martiny (DK)</td>
</tr>
<tr>
<td>15:30 - 16:00</td>
<td>The Daylight Academy or how to use daylight to boost science</td>
</tr>
<tr>
<td></td>
<td>Lukas von Orelli (CH)</td>
</tr>
<tr>
<td>16:00 - 16:30</td>
<td>Coffee Break</td>
</tr>
<tr>
<td>16:30 - 17:30</td>
<td>Panel discussion, moderated by Oliver Stefani (DE)</td>
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<tr>
<td></td>
<td>Guests: Speakers of the CME teaching course &amp; the daylight symposium, representatives of the lighting industry</td>
</tr>
<tr>
<td>18:00 - 21:00</td>
<td>Poster session; wine &amp; cheese, Foyer DIN</td>
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### Saturday, June 24th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 - 8:30</td>
<td>Registration</td>
</tr>
<tr>
<td>8:30 - 10:15</td>
<td><strong>SYMPOSIUM 1: NEW INSIGHTS OF THE IMPACT OF LIGHT ON SLEEP, WAKEFULNESS &amp; MOOD</strong></td>
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<tr>
<td></td>
<td>Chair: Kathryn Roecklein (USA)</td>
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<tr>
<td>8:30 - 9:05</td>
<td>Hypothalamic responses to visual features other than irradiance</td>
</tr>
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<td></td>
<td>Robert Lucas (UK)</td>
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<tr>
<td>9:05 - 9:40</td>
<td>The role of melanopsin in the regulation of sleep and arousal</td>
</tr>
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<td></td>
<td>Stuart Peirson (UK)</td>
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<tr>
<td>Time</td>
<td>Session Description</td>
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<tr>
<td>9:40 - 10:15</td>
<td>Molecular markers to assess circadian phase</td>
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<tr>
<td>10:15 - 10:45</td>
<td>Coffee break</td>
</tr>
<tr>
<td>10:45 - 12:15</td>
<td><strong>ORAL PRESENTATIONS I</strong></td>
</tr>
<tr>
<td></td>
<td>Chair: Michael Young (USA)</td>
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<tr>
<td>10:45 - 11:00</td>
<td>Nocturnal exposure to white light without melatonin suppression: using spectral</td>
</tr>
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<td>tuning to turn light into biological darkness</td>
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<tr>
<td>11:00 - 11:15</td>
<td>Can light improve alertness during the daytime in a dose-dependent manner?</td>
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<tr>
<td>11:15 - 11:30</td>
<td>Differences of the pupil response during exposure to light of different spectral</td>
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<td>compositions and intensities: preliminary findings</td>
</tr>
<tr>
<td>11:30 - 11:45</td>
<td>Effects of lighting color temperature on effort intensity for cognitive and</td>
</tr>
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<td></td>
<td>listening tasks</td>
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<tr>
<td>11:45 - 12:00</td>
<td>Turn down the light at night? Investigating the effect of blocking blue light</td>
</tr>
<tr>
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<td>exposure in the evening on sleepiness and sleep</td>
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<tr>
<td>12:00 - 12:15</td>
<td>Local mid-day concentration of carbon monoxide in arterial blood in the mammalian</td>
</tr>
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<td>head area during summer vs. winter</td>
</tr>
<tr>
<td>12:15 - 13:15</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>13:15 - 15:00</td>
<td>**SYMPOSIUM 2: FROM BENCH TO BEDSIDE - IMPACT OF LIGHT ON METABOLISM, SLEEP &amp;</td>
</tr>
<tr>
<td></td>
<td>COGNITION</td>
</tr>
<tr>
<td>13:15 - 13:50</td>
<td>Light exposure, circadian entrainment, and metabolism</td>
</tr>
</tbody>
</table>
13:50 - 14:25  Metabolic effects of light  
Konstantin Danilenko (RU)  

14:25 - 15:00  The impact of light on neurobehavioral performance  
Steven Lockley (USA)  

15:00 - 15:30  Coffee break  

15:30 - 16:15  Presentation of the Christian Gillin Young Investigator Awardee 2017  

16:15 - 17:15  Keynote Lecture Christian Cajochen (CH)  
Non-visual impact of light on human sleep and circadian physiology  

17:15 - 18:00  SLTBR Annual Membership Meeting  

19:00 - 22:00  Banquet Dinner at the Hotel Sofitel Kurfürstendamm  

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Sunday, June 25\textsuperscript{th} 2017  

8:00 - 8:30  Registration  

8:30 - 10:15  SYMPOSIUM 3: CLINICAL, GENETIC AND NEURAL BIOMARKERS OF SEASONAL MOOD DISORDERS AND RESPONSE TO LIGHT THERAPY  
Chair: Francesco Benedetti (IT)  

8:30 - 9:05  Imaging and genetic of response  
Francesco Benedetti (IT)  

9:05 - 9:40  Bright light effects on blood  
Dan Oren (USA)  

9:40 - 10:15  Melanopsin driven pupillary reflexes in seasonal affective disorder  
Kathryn Roecklein (USA)  

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

Lunar tidal cycles in a rapid cycling bipolar patient  
David H. Avery (USA)  

Proceedings of the bright up study: light therapy in antepartum depression  
Babette Bais (NL)  

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

Sand rats see the light: use of diurnal rodents for the study of depression  
Carmel Bilu (IL)  

Melatonin production in essential hypertension under common and modified light schedules  
Mikhail L. Blagonravov (RU)  

A novel brain circuitry modulates depression following aberrant light exposure  
Olivier Brock (UK)  

Bright-study: light exposure, circadian rhythm and sleep problems in elderly with intellectual disabilities  
Mylène N. Böhmer (NL)  

Spatial distribution of lighting scenes and its impact on non-visual effects  
Kai Broszio (DE)  

Chronotype assessments of three monozygotic child twins  
Kateřina Červená (CZ)  

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

Internal synchrony and mood: a study of circadian misalignment in bipolar depression  
Sara Dallaspezia (IT)  

6-day combined partial wake and light therapy for depression  
Konstantin V. Danilenko (RU)
<table>
<thead>
<tr>
<th>Title</th>
<th>Author/Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>A pilot replication study of two per3 single nucleotide polymorphisms for morning and evening earliness-lateness</td>
<td>Vladimir B. Dorokhov (RU)</td>
</tr>
<tr>
<td>The “life-on” project: chronobiology, sleep-related risk factors and light therapy in perinatal depression</td>
<td>Corrado Garbazza (CH)</td>
</tr>
<tr>
<td>A multicenter randomized controlled trial for bright light therapy in adults with intellectual disability and depression: study protocol</td>
<td>Pauline C.M. Hamers (NL)</td>
</tr>
<tr>
<td>Higher light color temperature positively impacts preschoolers’ cognitive performance</td>
<td>Lauren E. Hartstein (USA)</td>
</tr>
<tr>
<td>The combined effects of dawn simulation and a sleep state before awakening on the sleepiness just after awakening</td>
<td>Kazuhiro Hatta (JP)</td>
</tr>
<tr>
<td>Luminaires with non-visual characteristics – photometric measurements and comparison of five electric lighting systems</td>
<td>Caroline Hoffmann (CH)</td>
</tr>
<tr>
<td>Relationship between cytokines, body mass index and chronotype of people</td>
<td>Taganmyrat Hojageldiyev (TM)</td>
</tr>
<tr>
<td>Acute non-image forming effects of diurnal light exposure: the role of prior light exposure</td>
<td>Laura M. Huiberts (NL)</td>
</tr>
<tr>
<td>Constructing a new psychiatric ward using new technology and chronotherapeutic principles</td>
<td>Håvard Kallestad (NO)</td>
</tr>
<tr>
<td>Circadian rhythm disturbances in patients with bipolar disorder, unaffected siblings and healthy controls</td>
<td>Stefan E. Knapen (NL)</td>
</tr>
<tr>
<td>Social jetlag and dysfunctional circadian rhythm entrainment associate with ADHD symptoms in adults</td>
<td>Niall M. McGowan (IRL)</td>
</tr>
<tr>
<td>Bright morning light exposure reduces daytime cortisol concentrations and increases REM sleep duration</td>
<td>Claudia Nowozin (DE)</td>
</tr>
<tr>
<td>Title</td>
<td>Author(s)</td>
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<tr>
<td>----------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Evening light exposure relationship between morning-evening preference and sleep timing</td>
<td>Anna M. Narbut (RU)</td>
</tr>
<tr>
<td>Influence of monochromatic light on melatonin suppression and EEG data in patients with bipolar I disorder in comparison to healthy subjects</td>
<td>Philipp Ritter (DE)</td>
</tr>
<tr>
<td>Increase of alertness due to spectral power distribution and illuminance at eye level in a lecture hall</td>
<td>Inga Rothert (DE)</td>
</tr>
<tr>
<td>Modelling inter-individual variations in daily rhythms in students’ sleepiness and self-control as a function of chronotype</td>
<td>Karin C.H.J. Smolders (NL)</td>
</tr>
<tr>
<td>Towards human-centric lighting for office buildings: pilot study on the interactions of visual, perceptual and non-visual effects of workplace (day) lighting</td>
<td>Victoria Eugenia Soto Magan (CH)</td>
</tr>
<tr>
<td>Two hours of 10 lux light exposure induced suppression in melatonin of humans</td>
<td>Katarína Stebelová (SK)</td>
</tr>
<tr>
<td>A pilot metabonomic study of major depressive disorder with winter-type seasonal pattern</td>
<td>Walter Swardfager (CA)</td>
</tr>
<tr>
<td>Correlated colour temperature effects of morning light expsoure on alertness and body temperatures</td>
<td>Marije te Kulve (NL)</td>
</tr>
<tr>
<td>Chronotherapy in the Netherlands</td>
<td>Esmée Verwijk (NL)</td>
</tr>
<tr>
<td>Room-light: dynamic led-light as treatment for depressed inpatients - a randomized clinical trial</td>
<td>Carlo Volf (DK)</td>
</tr>
<tr>
<td>The effect of naturalistic light on depressive mood, fatigue, subjective sleep quality and melatonin and cortisol blood levels in stroke patients admitted for rehabilitation</td>
<td>Anders West (DK)</td>
</tr>
<tr>
<td>Effectiveness of visual vs. auditory closed-loop stimulation on delta sleep brain oscillations in humans</td>
<td>Sergei V. Yarosh (RU)</td>
</tr>
</tbody>
</table>
SLTBR J. Christian Gillin Young Investigator Award 2017

Annual award given for already-published or preliminary results in the field of basic or clinical research on light therapy, light applications and/or biological rhythms

Congratulations to Tom Woelders
PhD Candidate, Chronobiology Unit
University of Groningen, The Netherlands

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Saturday, June 24, 2017, 15:30-16:15
Award recognition and presentation of the awardee:
“Daily light exposure patterns reveal phase and period of the human circadian”

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2017 Committee
Ybe Meesters (PhD), Chair - The Netherlands
Kim Boddum (PhD), 2016 Winner - Denmark
Konstantin Danilenko (MD) - Russian Federation
Mirjam Münch (PhD) - Germany
Kathryn Roecklein (PhD) – USA
Student Travel Grant Recipients

Merit-based Travel Grants

Congratulations to

Stella J. M. Druiven,
Department of Psychiatry (ICPE),
University of Groningen, Groningen, the Netherlands

Lauren Hartstein,
The Department of Psychological and Brain Sciences,
University of Massachusetts Amherst, USA

Mette Kragh,
Department of Affective Disorders Q,
Aarhus University Hospital, Risskov, Denmark

Renske Lok,
The Groningen Institute of Evolutionary Life Sciences,
University of Groningen, The Netherlands

Outreach Travel Grant

Kateřina Červená,
National Institute of Mental Health,
Klecany, Czech Republic

Requirements for Travel Grants:
1. Updated Student Membership
2. Submitted abstract to annual meeting
3. Registration to annual meeting
4. Attendance at annual meeting
5. Proof of student status
Do you do daylight?

VELUX STIFTUNG

is a charitable foundation funding research all around the world.

Do you plan a research project in our focus areas that will have an impact? Please do not hesitate to contact us.

Kirstin Kopp, PhD
Scientific Officer
VELUX STIFTUNG
Kirchgasse 42
8001 Zurich, Switzerland
+41 44 224 30 10
info@veluxstiftung.ch

FUNDING AREAS

VELUX STIFTUNG funds research projects with a focus on:
• **Daylight and Human:**
  How does daylight influence humans?
• **Daylight and Nature:**
  How does daylight influence nature?
• **Daylight and Technology:**
  How can we use daylight to improve the situation of the society or the environment?
• **Healthy Aging:**
  How can quality of life at higher age be increased or stabilised?
• **Ophthalmology:**
  What solutions are needed to cure the various diseases of the eye?

IMPACT

The VELUX STIFTUNG funds excellent research that has an impact on science and/or society. Impact means:
• The topic is **relevant**. Your project addresses a need.
• Your project has potential for **change** in science and/or beyond.
• Your project has potential for **transfer**: The research results can be understood and used by other scientific disciplines or by the society.

Please find more information on our website:
www.veluxstiftung.ch
Conference Venue:
German Institute for Standardization (DIN) Burggrafenstr. 6, 10787 Berlin, Germany

Accomodation:
Hotel Sofitel Kurfürstendamm, Augsburger Str. 41, 10789 Berlin, Germany

Directions from the Airport Berlin-Tegel:
Bus 109→ stop: ´Kurfürstendamm´ or Express Bus X9→: stop: Zoologischer Garten (29-31 min)

Directions from the Airport Berlin Schönefeld:
Subway S9 (direction: Pankow) → change at ´Ostkreuz´to S7 (direction Potsdam) → stop: Zoologischer Garten (1h)
The Daylight Academy wants to promote international and interdisciplinary cooperation among scientists, engineers and architects as well as other professionals involved in daylight research or with a strong interest in daylight-related topics.

For more information please visit our website www.daylight.academy

or send us an email to office@daylight.academy

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LIAS – Lighting Applications
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Website: www.philips.de

TRILUX

Horst Rudolph
Director of Research & Lighting Technology
Email: h.rudolph@tx-itz.com
Website: www.trilux.com
Bronze Plus Sponsors

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Email: info@lumie.com  
Website: www.lumie.com

Jacqueline Olds, PhD  
Co-Founder  
Email: Jacqueline_olds@hms.harvard.edu  
Website: www.sunsprite.com

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Website: http://chromaviso.com/en

Eric Delloye  
Managing Director  
Email: eric.delloye@lucimed.com  
Website: www.myluminette.com

J. Christian Gillian Young Investigator Award

Peter Dehoff  
Director of Lighting Standards  
Email: peter-dehoff@zumtobelgroup.com  
Website: www.zumtobel.com

Alexey Shklianko & Darya Loban  
Branding studio  
Email: info@onfoot.by  
Website: http://onfoot.by
Special Acknowledgments

Lasse Nørregaard & Philp Kaare Løventoft
Thank you for your continued support with the SLTBR website and joining us at this year’s meeting!

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

DIN – German Institute of Standardization
Thank you for the partnership and collaboration in hosting the annual meeting at your facilities!

Sven Haedel from Haedel Computerhardware
Thank you for providing the onsite technical and audio-visual support!

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

Dieter Kunz, Intellux Berlin GmbH
Thank you for supporting the SLTBR Meeting 2017!