



SLTBR

Society for Light Treatment
and Biological Rhythms

SLTBR 31st Annual Meeting

June 20 – June 22, 2019

Northwestern University, Chicago, Illinois USA

31st Annual Meeting Chicago 2019 *Preliminary Program – V18*

Wednesday, June 19th

15:00 - 18:00 SLTBR Board Meeting

Thursday, June 20th

6:45 - 9:00 Registration

7:30 - 9:00 Breakfast session Young Scientists

9:00 - 9:10 Dorothy Sit, MD. Welcome Address from the SLTBR President

9:10 - 9:30 John Csernansky, MD. Chair of Department of Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine. Introduction to Chicago and Northwestern University

09:30 - 12:40 CME Course
Open to all participants

09:30 - 10:10 Dries Kalsbeek, PhD. Academic Medical Center Amsterdam, Netherlands. The biological clock; from molecular rhythms onto daily physiology, metabolism and behaviour. (MG will invite, working title)

10:10 - 10:50 Christian Cajochen, PhD. Center for Chronobiology, Basel, CH – Chronobiology and sleep, non-image forming aspects of light. (Confirmed)

10:50 - 11:20 Coffee Break

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| 11:20 - 12:00 | Michael Young, PhD. Illinois Institute of Technology, USA - Network modeling of the structure of seasonal symptomatology and the implications for treatment. (Confirmed) |
| 12:00 - 12:40 | Daniel Buysse, MD. University of Pittsburgh, USA - Rhythms in retired day/night shift workers using a constant routine protocol: circadian and cardiovascular outcome measures." (Confirmed but unsure) |

12:40 - 13:30 Lunch Break

13:30 - 15:30 SYMPOSIUM 1: Fundamental science; Christian Cajochen, PhD.

13:30 - 14:10 Patrice Bourgin, PhD. CIRCSomnology, Neurologie, University of Strasbourg, France - A model to predict sleep-wake changes induced by aberrant light dark cycles. (confirmed)

14:10 - 14:50 Jamie Zeitzer, PhD, Stanford Center for Sleep Sciences and Medicine, Palo Alto, USA – Less is more: ultrashort light flashes for resetting the human circadian clock. (Confirmed)

14:50 - 15:30 Ludovic Mure, PhD, Salk Institute for Biological Studies, La Jolla, USA - "Sustained melanopsin photoresponse is supported by specific roles of b-Arrestin 1 and 2 in deactivation and regeneration of photopigment" (CJ will invite, working title)

15:30 - 16:00 Coffee Break

16:00 - 17:00 Oral Session I

16:00 - 16:10

16:10 - 16:20

16:20 - 16:30

16:30 - 16:40

16:40 - 16:50

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16:50 - 17:00	
17:00 - 17:30	Datablitz with short poster presentations (Renske Lok, confirmed)
17:30 - 20:30	Welcome Reception and posters

Friday, June 21st	
8:45 - 9:15	Registration
09:15 - 10:00	Keynote: Phyllis Zee, MD, PhD. Northwestern University, Feinberg School of Medicine. - New Ways to Diagnose Sleep and Circadian Rhythm Disorders: A Universal Method to Detect Circadian State from Gene Expression. (Confirmed)
10:00 - 10:30	Coffee Break
10:30 - 12:30	<u>SYMPOSIUM 2: Translational Chronobiology Research; Marijke Gordijn, PhD.</u>
10:30 - 11:10	Yvonne de Kort, PhD. Industrial Engineering & Innovations Sciences, Technical University Eindhoven, The Netherlands. - Effects of light on alertness and cognition. (MG will ask; working title, confirmed)
11:10 - 11:50	Hee-Kyung Hong, PhD. Northwestern University. Center for Diabetes and Metabolism, Chicago, USA - Changes in Clock Repression and Circadian Disruption in Response to Inflammation. (Confirmed)
11:50 - 12:30	Charmane Eastman, PhD. Rush University, Chicago, USA - Shift Work and Jet Lag: Management of Circadian Rhythm Disruptions with Individualized Chronotherapeutic Interventions. (Confirmed)
12:30 - 13:30	Lunch Break

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13:30 - 14:30	<u>Oral Session II</u>
13:30 - 13:40	
13:40 - 13:50	
13:50 - 14:00	
14:00 - 14:10	
14:10 - 14:20	
14:20 - 14:30	
14:30 - 16:00	<u>Networking event partners</u>
14:30 - 15:00	Daylight Academy
15:00 - 15:30	Optical Society (OSA)
15:30 - 16:00	Coffee Break sponsored by OSA continue networking event partners
16:00 - 16:45	<u>Year in Review</u> 15 min animal/15 min human/ 15 min clinical (Dries Kalsbeek/Patrice Bourgin - animal MG invites, Jamie Zeitzer - human CJ invites, Michael Young - clinical DS invites; all tbc)
17:00 - 18:00	Presentation of the Christian Gillin Young Investigator Award 2019
19:30 - 22:00	Banquet Dinner

Saturday, June 22 nd	
08:30 - 09:00	Registration
09:00 - 11:40	<u>SYMPOSIUM 3: Circadian Rhythms and Psychiatric Disorders, Dorothy Sit, MD.</u>
09:10 - 09:50	Inger Burnett Zeigler, PhD. Northwestern University. Changes in Daily Heart Rate and Pulse Pressure as Predictors of Chronic Stress in U.S. Minority Women with a History of Depression: Impact of Mindfulness Based Interventions. (confirmed)

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09:50 - 10:30	John Gottlieb, MD. Northwestern University. International Society for Bipolar Disorders: UPDATE on the Chronobiology and Chronotherapeutics Task Force. Systematic Data Review: Report on the Study Design and Data Findings on Chronobiological Treatments. (Confirmed)
10:30 - 11:00	Coffee break
11:00 - 11:40	Colleen McClung, PhD. University of Pittsburgh, USA - Circadian Rhythm Regulation of Reward Processes through Metabolic Signaling in the Brain. (Confirmed)
11:45 - 12:30	Members Meeting
12:30 - 13:30	Lunch
13:30 - 14:30	<u>ORAL Session III</u>
13:30 - 13:40	
13:40 - 13:50	
13:50 - 14:00	
14:00 - 14:10	
14:10 - 14:20	
14:20 - 14:30	
14:30 - 15:00	Break
15:00 - 15:30	Speaker? - CIE system for metrology of optical radiation for iPRGC-influenced responses to light
15:30 - 16:00	Awards, Closing