

January 20, 2019

Dear SLTBR Members, Friends and Sponsors:

Happy New Year, 2019!

The SLTBR has experienced a tremendous year as an organization! For this, I extend my thanks and appreciation to our past President Mirjam Munch, the Program Committee, and our host organizer Ybe Meesters who helped to organize a highly successful and celebratory 30th Anniversary, Annual Meeting in Groningen, Netherlands. I am particularly grateful for the support of Karger Publishing, (plus the Editors, Anna-Wirz Justice, Mirjam Munch, and Production Editor, Esther Bernhard), who publishes our Annual Meeting Abstracts in the journal *Neuropsychobiology* and provides open access to all readers (<https://www.karger.com/Article/Pdf/489584>).

We invite you to block your calendars and make sure to attend our 2019 Annual Meeting from June 20-22, 2019 at Northwestern University, Feinberg School of Medicine in Chicago, U.S.A. Chicago is a truly delightful place to visit and explore, especially this time of year! The theme of the scientific program is entitled: "The effects of rhythms, genes and light on metabolism, sleep, and mental health." The scientific program (Program Chair, Marijke Gordijn) will feature our popular continuing education course, scientific symposia on basic, translational and clinical chronobiology, the keynote address (Phyllis Zee, MD, PhD), a lively datablitz session, Year in Review of top published papers, oral sessions, an evening poster wine reception, Banquet Dinner, and wrap up with the Awards session. Our invited speakers are fantastic scientists and dynamic presenters who are certain to capture your attention and provoke animated discussion! We embrace our industry sponsors and will make available sponsorship tables with excellent visibility! I anticipate our attendees will experience a stimulating and inspiring program. We hope you will find opportunities to network and to build collaborations in research and clinical care at the Meeting!!! Please visit our website www.sltbr.org for details on registration, abstract submissions, and how to apply for SLTBR Awards!

Highlights. The time has come to transition. I would like to introduce our new group of energetic and enthusiastic SLTBR Board members: Marijke Gordijn (Vice-President), Christian Cajochen, Katharina Wulff, John Gottlieb and Renske Lok (Young Investigator). I deeply appreciate the contributions of Mirjam Munch (immediate Past President) and John Hanifan (Treasurer) who will remain on the Board and continue their service. Our old Board is comprised of very dedicated individuals and I am grateful for their tremendous service; thank you so much Klaus Martiny, Ybe Meesters, and Kostya Danilenko.

The Board and I are regrouping efforts to grow our membership and address the needs of our members-at-large! We are gifted by an incredibly diverse composition of members. Even so, finding common ground was surprisingly uncomplicated! Common themes expressed by our members include supporting the career development of our young investigators and offering excellent training in chronotherapeutics for our clinicians.

Short term goals and top priorities for the SLTBR are as follows:

- New website. The revamped website is attractive, easy-to-navigate, AND data-secure. It is an evolving project! We ask your patience. If you encounter problems, kindly, send your feedback to me, Katharina Wulff or Nikki Hafezi!

- Travel, Research and Poster Awards. To promote and recognize excellence in scholarship at all levels and especially among our trainees and students. Potential sponsors and donors with interest in supporting this cause, please contact me at dorothy.sit@northwestern.edu or Nikki Hafezi.
- Meet-the-Scientist Webinar Program. We will feature prominent researchers and clinician-scientists who are invited to provide brief talks about their research projects and interactive question-answer sessions with the audience of members and Young Investigators! Please contact Christian Cajochen or Nikki Hafezi for more information and to volunteer to sign up for a talk!
- Position Statement. The EU Commission Report has imposed limitations on light therapy, by stating the only acceptable use is for SAD. The small print of some company brochures iterates the same limitations. What is stated by the EU and companies is not based on published scientific evidence and may produce legal consequences. Importantly, they can result in restrictions to patient-access to light therapy, which is a very safe and acceptable non-drug treatment option. Given the evidence, non-seasonal major depression, bipolar depression and sleep phase disorders are among the clinical conditions that are highly responsive to light therapy, in addition to SAD. For this reason, the SLTBR Board is developing a Position Statement for publication which will specify the counter-arguments and extend an offer to assist in writing corrections to the existing EU Report and other literature.

Thank you again, for your persisting and generous support!

Look forward to seeing you in Chicago!

Sincerely,

Dorothy Sit, M.D.

2018-2019 SLTBR President

