



**SLTBR**

Society for Light Treatment  
and Biological Rhythms

SLTBR 31<sup>st</sup> Annual Meeting

June 20 – June 22, 2019

Northwestern University, Chicago, Illinois USA

## 31<sup>st</sup> Annual Meeting Chicago 2018 *Preliminary Program*

Wednesday, June 19<sup>th</sup>

15:00 - 18:00      SLTBR Board Meeting

Thursday, June 20<sup>th</sup>

8:30 - 9:00      Registration

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. Netherlands Institute for Neuroscience (NIN), Amsterdam, The Netherlands. Shining light on energy metabolism; studies in mice, rats and humans.

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

10:50 - 11:20      Coffee Break

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.

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

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cardiovascular outcome measures."

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.

14:10 - 14:50 Ludovic Mure, PhD, Regulatory Biology Laboratory, The Salk Institute for Biological Studies La Jolla, USA - Inputs and outputs of the diurnal primate clock

14:50 - 15:30 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

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

16:50 - 17:00

17:00 - 17:30 Datablitz with short poster presentations

17:30 - 20:30 Welcome Reception and posters

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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.
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. - title pending...
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.
11:50 - 12:30	Charmane Eastman, Ph.D, Rush University Medical Center, Chicago, USA – Shift Work and Jet Lag: Management of circadian rhythm misalignment with bright light, dark and melatonin.
12:30 - 13:30	Lunch Break
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	Partner 1 - pending...
15:00 - 15:30	Partner 2 - pending...
15:30 - 16:00	Coffee Break

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16:00 - 16:45	<u>Year in Review</u> 15 min animal/15 min human/ 15 min clinical
17:00 - 18:00	Presentation of the Christian Gillin Young Investigator Award 2019
19:30 - 22:00	Banquet Dinner

Saturday, June 22 <sup>nd</sup>	
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.
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.
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.
11:45 - 12:30	Members Meeting

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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	Tbc - CIE system for metrology of optical radiation for iPRGC-influenced responses to light
15:30 – 16:00	Awards, Closing