



## 31<sup>st</sup> Annual Meeting Chicago 2019 *Preliminary Program*

Wednesday, June 19 <sup>th</sup>	
15:00 - 18:00	<u>SLTBR Board Meeting</u>

  

Thursday, June 20 <sup>th</sup>	
8:30 - 9:00	Registration and breakfast
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	<u>CME Course</u> 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 cardiovascular outcome measures.

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12:40 - 13:30	Lunch Break
13:30 - 15:30	<u>SYMPOSIUM 1: Fundamental science; Christian Cajochen, PhD.</u>
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	<u>Oral Session I</u>
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	
8:30 - 9:00	Registration and breakfast
09:00 - 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 - A close look at diurnal acute effects of light exposure.
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...

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

Saturday, June 22 <sup>nd</sup>	
07:30 - 10:00	Registration and breakfast
08:00 - 10:00	Young Investigator meeting
10:00 - 12:40	<u>SYMPOSIUM 3: Circadian Rhythms and Psychiatric Disorders, Dorothy Sit, MD.</u>
10:00 - 10:40	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.
10:40 - 11:20	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.
11:20 - 11:50	Coffee break
11:50 - 12:40	Colleen McClung, PhD. University of Pittsburgh, USA - Circadian rhythm regulation of reward processes through metabolic signaling in the brain.
12:40 - 13:30	Lunch

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13:30 - 14:15	Members Meeting
14:30 - 15:30	<u>ORAL Session III</u>
14:30 - 14:40	
14:40 - 14:50	
14:50 - 15:00	
15:00 - 15:10	
15:10 - 15:20	
15:20 - 15:30	
15:30 - 16:00	Break
16:00 - 16:45	Tbc - CIE system for metrology of optical radiation for iPRGC-influenced responses to light
16:45 - 17:00	Awards, Closing