



SLTBR

Society for Light Treatment  
and Biological Rhythms

SLTBR 32<sup>nd</sup> Annual Meeting  
June 24 – June 26, 2021  
Manchester, UK

32<sup>nd</sup> Annual Meeting of the Society for Light Treatment and  
Biological Rhythms (SLTBR). Photoreception, Lighting and Health.  
Manchester, UK 2021

Due to the COVID-19 pandemic, the meeting of 2020 has been cancelled. We are very happy that all speakers, originally planned for 2020, have agreed to speak in 2021.

So please save the dates for 2021: June 24-26th in Manchester UK.

Please find below the original program for 2020. The new program will soon be uploaded.

| Thursday, June 25, 2020.<br>BARNES WALLIS BUILDING |   |
|--|---|
| 8:00 - 9:00  | Registration and breakfast  |
| 9:10 - 9:20  | Dorothy Sit, MD. Welcome address from the SLTBR president   |
| 9:20 - 9:30  | Rob Lucas, Prof. Welcome address from our local host  |
| 09:30 - 12:40                                      | <u>CME Training Course in Chronobiology.</u><br>Open to all participants  |
| 09:30 - 10:10                                      | Victoria Revell (PhD), Surrey, UK. ' <i>Chronobiology in the Real World: The Impact of Internal Timing on Health, Performance and Well-Being.</i> ' |
| 10:10 - 10:50                                      | Greg Schwartz (PhD), Northwestern University, Chicago, U.S.A. ' <i>Retinal computation.</i> '   |
| 10:50 - 11:20                                      | Coffee Break  |

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|               |   |
|---------------|---|
| 11:20 - 12:00 | Martin Rutter (PhD), Manchester, UK. ' <i>Genetic variants influencing sleep and chronotype: Clinical and biological insights from the UK Biobank.</i> '  |
| 12:00 - 12:40 | John Gottlieb (MD), Northwestern University, Feinberg School of Medicine, Chicago, U.S.A. ' <i>The Chronotherapeutic Treatment of Bipolar Disorder- A Systematic Review and Practice Recommendations.</i> ' |
| 12:40 - 13:30 | Lunch Break   |

Thursday, June 25, 2020.  
BARNES WALLIS BUILDING

|               |  |
|---------------|--|
| 13:30 - 15:30 | <u>SYMPOSIUM 1: Photoreception, the Brain and Mood.</u>  |
| 13:30 - 13:35 | <u>Introduction chair Nina Milosavljevic, PhD, University of Manchester.</u>   |
| 13:35 - 14:15 | Diego Fernandez (PhD), National Institute of Mental Health, NIH, Baltimore, U.S.A. ' <i>Direct Effects of Light Over Circadian Control of Behavior.</i> '                              |
| 14:15 - 14:55 | Timothy Brown (PhD), Manchester, UK. ' <i>Out of the blue: twilight colours are associated with reduced circadian light responses.</i> '   |
| 14:55 - 15:35 | Chaoran Ren (PhD), Guangdong-Hongkong-Macau Institute of CNS Regeneration, Jinan University, Guangzhou, China. ' <i>Visual Circuit for Anti-depressive Effects of Light Therapy.</i> ' |
| 15:35 - 16:00 | Coffee Break   |
| 16:00 - 17:30 | <u>Oral Session I</u>  |
| 17:30 - 18:00 | Datablitz with short poster presentations. Chair Renske Lok  |
| 18:00 - 20:00 | Welcome Reception and posters<br><i>Barnes Wallis Building, Reception Hall</i>   |

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| Friday, June 26, 2020.<br><i>BARNES WALLIS BUILDING</i> |   |
|---|---|
| 8:30 - 9:00   | Registration and breakfast  |
| 09:00 - 10:00   | Keynote: Rob Lucas (PhD) Manchester UK. <i>'What are the characteristics of healthy light?'</i>   |
| 10:00 - 10:30   | Coffee Break  |
| 10:30 – 12:30   | <u>SYMPOSIUM 2: Light &amp; Health - Improving Patient Outcomes in the Hospital.</u>  |
| 10:30 - 10:35   | <u>Chair Katharina Wulf (PhD), University of Umea, Sweden.</u>  |
| 10:35 - 11:15   | Mirjam Münch (PhD), Massey University, Wellington, New Zealand. <i>'Light and Sleep Quality in Hospitalized Patients.'</i>  |
| 11:15 - 11:55   | Claudia Spies (MD), Charité University Medicine Berlin, Berlin, Germany<br><i>'Innovative Measures to Reduce Delirium and Improve Sleep in the ICU.'</i>  |
| 11:55 - 12:35   | Anders Sode West (MD, PhD), Copenhagen University Hospital, Copenhagen, Denmark. <i>'The Effect of Naturalistic Light on Post-Stroke Complications in Stroke Patients Admitted for Rehabilitation.'</i> |
| 12:35 - 13:30   | Lunch Break   |
| 13:30 - 15:00   | <u>Oral Session II</u>  |
| 15:00 - 15:30   | Coffee Break  |
| 15:30 – 16:00   | Presentation of the Christian Gillin Young Investigator Awardee 2020  |
| 16:00 – 17:00   | <u>Year in Review</u> 20 min animal (Tim Brown) / 20 min human basic (Christian Cajochen) / 20 min clinical (Dorothy Sit)   |

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| Saturday, June 27, 2020.<br>BARNES WALLIS BUILDING                          |   |   |  |
|---|---|---|--|
| 8:30 - 9:00   | Registration and breakfast  |   |  |
| 09:00 - 10:30   | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; padding: 5px;"> <u>Young Investigator meeting.</u><br/>Chairs: Renske Lok, Bea Bano Otalora. </td> <td style="width: 40%; padding: 5px;"> <u>Hands-on Clinical Workshop on Light Therapy for Mood and Sleep Problems.</u><br/>Dorothy Sit and Sophie Faulkner </td> </tr> </table> | <u>Young Investigator meeting.</u><br>Chairs: Renske Lok, Bea Bano Otalora. | <u>Hands-on Clinical Workshop on Light Therapy for Mood and Sleep Problems.</u><br>Dorothy Sit and Sophie Faulkner |
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| 10:30 - 11:00   | Coffee break  |   |  |
| 11:00 - 13:00   | <u>SYMPOSIUM 3: Chronotherapy, Sleep and Mood.</u>  |   |  |
| 11:00 - 11:05   | <u>Chair: John Gottlieb, MD; Chicago, U.S.A.</u>  |   |  |
| 11:05 - 11:45   | Thomas Erren (PhD), University Clinic Cologne, Germany. <i>'Disturbed circadian biology at work and play &amp; time for Zeitgeber alignment.'</i>   |   |  |
| 11:45 - 12:25   | Corrado Garbazza (MD), University of Basel, Switzerland. <i>'Chronobiology, Sleep-Related Risk Factors and Light Therapy in Perinatal Depression.'</i>  |   |  |
| 12:25 - 13:05   | Anna Skeldon (PhD), Surrey, UK. <i>'Light, Sleep, Circadian and Social Rhythms: Using Mathematical Models to Understand Temporal Patterns Observed in Schizophrenia.'</i>   |   |  |
| 13:05 - 14:15   | Lunch and members meeting   |   |  |
| 14:15 - 15:00   | <i>T.b.d.</i>   |   |  |
| 15:00 - 16:30   | <u>ORAL Session III</u>   |   |  |
| 16:30 - 17:00   | Awards, Closing   |   |  |