

SLTBR 32nd Annual Meeting
May 19th – 21st, 2021
Virtual



SLTBR
Society for Light Treatment
and Biological Rhythms

32nd Annual Meeting of the Society for Light Treatment and
Biological Rhythms (SLTBR). Photoreception, Lighting and Health.
May 19th-21st, virtual

Please find below the program.

Wednesday, May 19 th , 2021		
CEST	EDT	
19:00-19:10	13:00-13:10	Check-in
19:10-19:20	13:10-13:20	Marijke Gordijn, PhD, Groningen, the Netherlands <i>Welcome address from the SLTBR president</i>
19:20 - 19:50	13:20-13:50	Keynote: Rob Lucas, PhD, Manchester UK <i>'What are the characteristics of healthy light'</i>
19:50-20:10	13:50-14:10	Awards
20:10-20:30	14:10-14:30	<u>Oral Session I</u>
20:30-21:30	14:30-15:30	Virtual Apéro in different breakout rooms

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Thursday, May 20th, 2021

CEST	EDT	
14:00-15:40	08:00-09:40	<u>CME Training Course in Chronobiology.</u> Open to all participants
14:00-14:20	08:00-08:20	Victoria Revell (PhD), Surrey, UK. <i>'Chronobiology in the Real World: The Impact of Internal Timing on Health, Performance and Well-Being.'</i>
14:20-14:40	08:20-08:40	Greg Schwartz (PhD), Northwestern University, Chicago, U.S.A. <i>'Retinal computation.'</i>
14:40-15:00	08:40-09:00	Martin Rutter (PhD), Manchester, UK. <i>'Genetic variants influencing sleep and chronotype: Clinical and biological insights from the UK Biobank.'</i>
15:00-15:20	09:00-09:20	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>
15:20-15:40	09:20-09:40	Panel discussion and coffee break

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15:40-17:00	9:40-11:00	<u>SYMPOSIUM 1: Photoreception, the Brain and Mood</u> Chair: Nina Milosavljevic, PhD, University of Manchester
15:40-16:00	9:40-10:00	Diego Fernandez (PhD), National Institute of Mental Health, NIH, Baltimore, U.S.A. <i>'Direct Effects of Light Over Circadian Control of Behavior.'</i>
16:00-16:20	10:00-10:20	Timothy Brown (PhD), Manchester, UK. <i>'Out of the blue: twilight colours are associated with reduced circadian light responses.'</i>
16:20-16:40	10:20-10:40	Chaoran Ren (PhD), Guangdong-Hongkong-Macau Institute of CNS Regeneration, Jinan University, Guangzhou, China. <i>'A visual circuit for the spatial-memory-promoting effects of light treatment.'</i>
16:40-17:00	10:40-11:00	Panel discussion and coffee Break
17:00- 17:20	11:00-11:20	<u>Oral Session II</u>
17:20-18:40	11:20-12:40	<u>SYMPOSIUM 2: Light & Health - Improving Patient Outcomes in the Hospital.</u> Chair: Katharina Wulff (PhD), University of Umea, Sweden.
17:20 – 17:40	11:20-11:40	Mirjam Münch (PhD), Massey University, Wellington, New Zealand. <i>'Light and Sleep Quality in Hospitalized Patients.'</i>
17:40 – 18:00	11:40-12:00	Claudia Spies (MD), Charité University Medicine Berlin, Berlin, Germany. <i>'Innovative Measures to Reduce Delirium and Improve Sleep in the ICU.'</i>
18:00-18:20	12:00-12:20	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>
18:20-18:40	12:20-12:40	Panel discussion and coffee break

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Friday, May 21 st , 2021				
CEST	EDT			
15:00-15:30	09:00-09:30	<u>Sponsor symposium</u>		
15:30-16:50	09:30-11:50	<u>SYMPOSIUM 3: Chronotherapy, Sleep and Mood.</u> Chair: John Gottlieb, MD; Chicago, U.S.A.		
15:30-15:50	09:30-09:50	Thomas Erren (PhD), University Clinic Cologne, Germany. <i>'Disturbed circadian biology at work and play & time for Zeitgeber alignment.'</i>		
15:50-16:10	09:50-10:10	Corrado Garbazza (MD), University of Basel, Switzerland. <i>'Bright Light Therapy to Prevent and Treat Perinatal Depression.'</i>		
16:10-16:30	10:10-10:30	Anna Skeldon (PhD), Surrey, UK. <i>'Light, Sleep, Circadian and Social Rhythms: Using Mathematical Models to Understand Temporal Patterns Observed in Schizophrenia'</i>		
16:30-16:50	10:30-10:50	Panel discussion and coffee Break		
16:50-17:10	10:50-11:10	Oral session III		
17:10-17:50	11:10-11:50	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <u>Young Investigators meeting.</u> Renske Lok Bea Bano Otalora </td> <td style="width: 50%; vertical-align: top;"> <u>Hands-on Clinical Workshop on Light Therapy for Mood and Sleep Problems.</u> Dorothy Sit Sophie Faulkner. </td> </tr> </table>	<u>Young Investigators meeting.</u> Renske Lok Bea Bano Otalora	<u>Hands-on Clinical Workshop on Light Therapy for Mood and Sleep Problems.</u> Dorothy Sit Sophie Faulkner.
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