

SLTBR 32<sup>nd</sup> Annual  
Meeting May 19<sup>th</sup> – 21<sup>st</sup>,  
2021



**SLTBR**  
Society for Light Treatment  
and Biological Rhythms

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

Please find below the program.

Wednesday, May 19 <sup>th</sup> , 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>
19:50-20:30	13:50-14:30	<u>Oral Session I &amp; II</u> <b>Chairs: Jan de Zeeuw, Berlin DE &amp; Mirjam Münch, Wellington NZ</b>  Josh W Mouland, Manchester UK: <i>Encoding brightness for the clock</i>  Rafael Lazar, Basel CH: <i>Pupillary Regulation of Melanopic Irradiance in Natural Scenes</i>  Isabel Schoellhorn, Basel CH: <i>Controlling melanopic irradiance in evening display light: Influence on alertness and melatonin without affecting visual appearance</i>  Marta Benedetti, Lausanne CH: <i>Automated control of realistic office lighting advances melatonin phase and peripheral heat loss prior bedtime</i>  Renske Lok, Stanford USA: <i>Gold, silver or bronze: time of day can make the difference</i>
20:30-21:30	14:30-15:30	Virtual Apéro in different breakout rooms

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**Thursday, May 20<sup>th</sup>, 2021**

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

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**Thursday, May 20<sup>th</sup>, 2021.**

CEST	EDT	
15:40-17:00	9:40-11:00	<u>SYMPOSIUM 1: Photoreception, the Brain and Mood</u> <b>Chairs: Nina Milosavljevic, Manchester UK &amp; Katerina Cervena, Prague CZ</b>
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
		<u>Oral Session III</u> <b>Chair: Kathryn Roecklein, Pittsburgh USA &amp; John Hanifin, Philadelphia, USA</b>
17:00- 17:20	11:00-11:20	Daniëlle Starreveld, Amsterdam NL: <i>Light therapy as a treatment for cancer-related fatigue</i>  Denis Gubin, Tyumen RU: <i>Arctic project on human-centric lighting and its effects on circadian, sleep, and well-being</i>
17:20-18:40	11:20-12:40	<u>SYMPOSIUM 2: Light &amp; Health - Improving Patient Outcomes in the Hospital.</u> <b>Chairs: Katharina Wulff, Umea, SE &amp; Lenka Maierova, Prague CZ</b>
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 <sup>st</sup> , 2021	
CEST	EDT		
		<u>Symposium: Effect of light characteristics on rhythm, sleep, and emotion</u> <u>State of the art symposium sponsored by Seoul Semiconductor</u> <b>Chairs: Kumpei Kobayashi, SSC, Japan &amp; Marijke Gordijn, Groningen, NL</b>	
15:00-15:30	09:00-09:30	Oliver Stefani, Basel CH: <i>'Effects of changing colour temperature and illuminance of LED lighting on physiology (melatonin, skin temperature and sleep)'</i>  Manuel Spitschan, Oxford UK: <i>'Melanopsin contributions to visual and non-visual function: Knowns and unknowns'</i>	
15:30-16:50	09:30-11:50	<u>SYMPOSIUM 3: Chronotherapy, Sleep and Mood.</u> <b>Chairs: John Gottlieb, Chicago, USA &amp; Michael Terman, New York USA</b>	
15:30-15:50	09:30-09:50	Thomas Erren (PhD), University Clinic Cologne, Germany. <i>'Disturbed circadian biology at work and play &amp; time for Zeitgeber alignment.'</i>	
15:50-16:10	09:50-10:10	Aarti Jagannath (PhD), University of Oxford, United Kingdom. <i>'Targeting adenosine receptors for chronotherapy.'</i>	
16:10-16:30	10:10-10:30	Anne Skeldon (PhD), Surrey, UK. <i>'Light, sleep and circadian rhythms: Using a mathematical model to design personalised light interventions'</i>	
16:30-16:50	10:30-10:50	Panel discussion and coffee Break	
		<u>Oral session IV</u> <b>Chair: Klaus Martiny, Copenhagen DK &amp; Robert Levitan, Toronto, CA</b>	
16:50-17:15	10:50-11:15	Elise McGlashen, Melbourne AU: <i>Circadian light sensitivity in the context of major depression</i>  Jan Frieder Harmsen, Maastricht NL: <i>Shining light on substrate metabolism, energy expenditure and thermoregulation of metabolically compromised individuals</i>  Robert Levitan, Toronto CA: <i>Dietary Intakes in Pregnant Women with and Without a History of SAD</i>	
17:15-17:20	11:15-11:20	<u>Final words by the president of the SLTBR</u> <b>Marijke Gordijn</b>	
17:20-18:00	11:20-12:00	<u>Young Investigators meeting.</u> <b>Renske Lok</b> <b>Bea Bano Otalora</b>	<u>Hands-on Clinical Workshop on Light Therapy for Mood and Sleep Problems.</u> <b>Dorothy Sit</b> <b>Sophie Faulkner.</b>