

33rd Annual meeting of the
 Society for Light Treatment and Biological Rhythms:
Light and the Circadian Clock - from Bench to Bedside
 June 23rd – June 25th, 2022
 Manchester, UK

GMT	Thursday, June 23 rd , 2022 - Harwood Room
09:00 – 09:15	Marijke Gordijn, PhD, Groningen, The Netherlands <i>Welcome address from SLTBR president</i>
09:15 – 09:30	Timothy Brown, PhD, Manchester, United Kingdom <i>Welcome address by local host</i>
09:30 – 12:00	Symposium I - Basic circadian science - Harwood Room Chair: Mirjam Münch, PhD & Victoria Revell, PhD
09:30 – 10:00	Beatriz Bano-Otalora, PhD, Manchester, United Kingdom <i>"Let there be light: Impact of daytime light intensity on circadian rhythms in a diurnal mammal"</i>
10:00 – 10:30	Andrew Loudon, PhD, Manchester, United Kingdom <i>"Measuring the passage of the seasons"</i>
10:30 – 11:00	Coffee break – Barnes Wallis Room
11:00 – 11:30	Laura Kervezee, PhD, Leiden, the Netherlands <i>"The BioClock consortium: translating fundamental chronobiology to practical applications for a healthy circadian clock"</i>
11:30 – 12:00	Valerie Simonneaux, PhD, Strasbourg, France <i>"Light regulation of female reproductive cycles"</i>
12:00 – 13:00	Lunch break – Barnes Wallis Room / Board meeting (Room 1)

13:00 – 14:30	Oral Session I - Harwood Room Chair: John Hanifin, PhD
13:00 – 13:15	Roya Sharifpour, MSc, Liège, Belgium <i>“Ultra-high field 7 Tesla fMRI potential in revealing hypothalamus responses to blue-enriched light exposure”</i>
13:15 – 13:30	Islay Campbell, MSc, Liège, Belgium <i>“Ultra-high field MRI indications that exposure to blue enriched light increases attention brain responses during an oddball task”</i>
13:30 – 13:45	Manuel Spitschan, PhD, Munich, Germany <i>“Development of the ENLIGHT reporting guidelines for human laboratory-based light exposure interventions”</i>
13:45 – 14:00	Steffen Hartmeyer, MSc, Lausanne, Switzerland <i>“Quantification of light exposure characteristics modulating non-visual responses with light-dosimetry”</i>
14:00 – 14:15	Isabel Schöllhorn, MSc, Basel, Switzerland <i>“Metameric display light: Melanopsin dependent effects on sleep latency, melatonin and visual comfort”</i>
14:15 – 14:30	David Sliney, PhD, Baltimore, USA <i>“Measurements of Retinal Spectral Exposure in Occupied Settings”</i>
14:30 – 15:00	Coffee break – Barnes Wallis Room
15:00 – 17:00	Young Investigator meeting – Young Investigator Award presentation Chair: Renske Lok, PhD & Patrycja Orłowska-Feuer, PhD
17:00 – 17:45	Data blitz posters Chair: Renske Lok, PhD
17:45 – 20:30	Poster exhibition & welcome reception – Barnes Wallis Room <i>Posters, wine, and cheese</i>

GMT	Friday, June 24th, 2022 - Harwood Room
08:30 - 09:30	General assembly, for SLTBR members only
09:30 - 12:00	Symposium II - Translational circadian science - Harwood Room Chair: Nina Milosavljevic, PhD & Katharina Wulff, PhD
09:30 - 10:00	Gilles Vandewalle, PhD, Liège, Belgium <i>"High resolution imaging of the non-image-forming impact of light on the human brain"</i>
10:00 - 10:30	Louise Ince, PhD, Austin, Texas, United States of America <i>"Circadian regulation of neuroimmune function: Implications for cognition & behavior"</i>
10:30 - 11:00	Coffee break - Barnes Wallis Room
11:00 - 11:30	Elizabeth Klerman, MD, PhD, Boston, United States of America <i>"Time of day effects related to human response to COVID-19"</i>
11:30 - 12:00	Kun Hu, PhD, Boston, United States of America <i>"Decoding the information in spontaneous physiological fluctuations: Application of nonlinear dynamic approaches in sleep medicine, mood disorders, and aging research"</i>
12:00 - 13:00	Lunch break - Barnes Wallis Room
13:00 - 14:00	Oral Session II - Harwood Room Chair: Anna Wirz-Justice, PhD
13:00 - 13:15	John Hanifin, PhD, Philadelphia, United States of America <i>"Solid state lighting countermeasures to improve circadian adaptation, sleep, and performance during a high fidelity analog study for the International Space Station"</i>
13:15 - 13:30	Shadab Rahman, PhD, Boston, United States of America <i>"Reduced fall rate in elderly care home residents following installation of solid-state dynamic lighting"</i>
13:30 - 13:45	Mushfiqul Anwar Siraji, MSc, Selangor, Malaysia <i>"Light exposure behaviour assessment (leba): a novel self-reported instrument to measure light exposure-related behaviour"</i>
13:45 - 14:00	Oliver Stefani, PhD, Basel, Switzerland <i>"Metameric display light: Melanopsin dependent effects on slow eye movements"</i>

14:00 – 15:00	Industrial Symposium (Seoul Semiconductor, Lumie, Seaborough) - Harwood Room
14:00 – 14:30	Oliver Stefani, PhD, Basel, Switzerland <i>“Design meets Chronobiology: New light for air traffic controllers”</i>
14:30 – 14:45	Malgo Dzierugo, Lumie, UK <i>“The story of Lumie: 30 years of light therapy for sleep and SAD”</i>
14:45 – 15:00	Anne Berends, PhD, Seaborough, The Netherlands <i>“Systemic photobiomodulation: clinical evidence from a double blind, placebo-controlled study with near-infrared light”</i>
15:00 – 15:30	Coffee break – Barnes Wallis Room
15:30 – 16:30	Year in Review - Harwood Room Chair: Dorothy Sit, MD
15:30 – 15:50	Tim Brown, PhD, Manchester, United Kingdom <i>“Year in Review: “No longer in the dark? The latest bright ideas from human chronobiology”</i>
15:50 – 16:10	Nina Milosavljevic, PhD, Manchester, United Kingdom <i>“Year in Review: “Chronobiology of rodents: challenges and advances”</i>
16:10 – 16:30	Nicholas Meyer, MD, London, United Kingdom <i>“Year in Review: “Chronobiology in psychiatry –how far have we come, and where do we go from here?”</i>
18:30 – 22:30	SLTBR Conference Dinner – Hyatt Regency Hotel, 55 Booth St W. Chair: Marijke Gordijn, PhD & Christian Cajochen, PhD

GMT		Saturday, June 25th 2022	
08:00 - 11:15	CPD symposium: Melatonin and melatonin agonists from physiology to everyday usage - Harwood Room Chair: Corrado Garbazza, MD, PhD, Boston, United States of America		
08:00 - 08:40	Victoria Revell, PhD, Surrey, United Kingdom <i>"Melatonin: how to tell and change the time of the circadian clock"</i>		
08:40 - 09:20	Shantha M.W. Rajaratnam , PhD, Melbourne, Australia <i>"Melatonin in the treatment of Delayed Sleep-Wake Phase Disorder: Towards a circadian medicine approach"</i>		
09:20 - 09:35	Coffee break – Barnes Wallis Room		
09:35 - 10:15	Steven W Lockley, PhD, Boston, United States of America <i>"Melatonin and melatonin agonists for the treatment of N24 in totally blind patients"</i>		
10:15 - 10:55	Pierre Geoffroy, MD, PhD, Paris, France <i>"Melatonin in adults with neuropsychiatric disorders: how and with what level of evidence?"</i>		
10:55 - 11:15	Panel discussion with all speakers		

11:15 – 12:45	Symposium III - Clinical circadian science - Harwood Room Chair: Christian Cajochen, PhD & Rob Lucas, PhD
11:15 – 11:45	Aleksandar Videnovic, MD, Boston, United States of America <i>“Light therapy in neurodegenerative disorders”</i>
11:45 – 12:15	Shantha M.W. Rajaratnam , PhD, Melbourne, Australia <i>“Light and melatonin interventions following traumatic brain injury”</i>
12:15 – 12:45	Corrado Garbazza, MD, PhD, Boston, United States of America <i>“Sleep and chronotype during pregnancy, and the bright light treatment of perinatal depression”</i>
12:45 – 13:15	Lunch – Barnes Wallis Room
13:15 – 14:15	Oral Session III - Harwood Room Chair: Michael Terman, PhD
13:15 – 13:30	Oliver Steiner, MSc, Berlin, Germany <i>“The Post-Illumination Pupil Response correlates with cognition in REM-Sleep Behavior Disorder”</i>
13:30 – 13:45	Olga Minaeva, MSc, Groningen, The Netherlands <i>“Detecting individual-specific changes in circadian rest-activity rhythm and sleep in individuals tapering their antidepressant medication”</i>
13:45 – 14:00	Klaus Martiny, MD, PhD, Copenhagen, Denmark <i>“Circadian reinforcement therapy in combination with electronic self-monitoring facilitates a safe post-discharge period for patients with depression”</i>
14:00 – 14:15	Francesco Benedetti, MD, PhD, Milano, Italy <i>“Novel correlates of immediate response to chronotherapeutics: Normalization of prefrontal glutamate, inflammation, white matter microstructure, and brain functional connectivity”</i>
14:15 – 15:15	Derk-Jan Dijk, PhD, Surrey, United Kingdom Keynote Speaker <i>“Light and the circadian regulation of the human sleep-wake cycle”</i> Chair: Marijke Gordijn, PhD
15:15 – 15:30	Marijke Gordijn, PhD, President SLTBR - Harwood Room Student travel awards, poster awards, closing remarks

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Posters program

Posters must be mounted in the space provided on Thursday morning June 23rd and can stay there until Saturday June 25th afternoon after the closure of the program. Posters that have not been removed, will be removed by the organisation and will be thrown away. Guidelines to prepare your poster and dimensions can be found on the website: <https://sltbr.org/wp-content/uploads/2022/04/SLTBR-2022-Guidelines-for-preparing-posters.pdf>.

Poster presenters are invited to present their poster during a 1-minute datablitz and be available at their poster during the poster exhibition session. Please send **one slide** to SLTBR.contact@gmail.com before June 17th.

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17:00 - 17:45	Data blitz posters – Harwood Room
17:45 - 20:30	Poster exhibition & welcome reception - Barnes Wallis Room <i>Posters, wine, and cheese</i>

Number	Basic Circadian Science	Presenting author
#01	Effects of acute light exposure at night on behaviour and neuronal activity in the lateral hypothalamus in the diurnal rodent <i>Rhabdomys pumilio</i>	Mr Asshen Dedigama Acharige
#02	Characterising the pupil response under different light conditions during an fMRI protocol.	Ms Islay Campbell
#03	Dim light at night during pregnancy affects the rhythmicity of hormones and biochemical parameters of the rat pups in early postnatal ontogenesis.	Dr Zuzana Dzirbiková
#04	How spatial patterns of visual scenes change rodents' behavioural states	Ms Qian Huang
#05	Non-visual effects of diurnal light exposure in humans: Meta-analyses	Dr Ruta Lasauskaite
#06	Therapeutic potential of bright daytime light exposure in Alzheimer's Disease Models	Ms Ashwathi Prithviraj
#07	<i>Moved to oral</i>	
#08	Usability and acceptability of corneal-plane α -opic dosimetry in a 24-hour field trial	Dr Manuel Spitschan

	Translational Chronobiology Research	Presenting Author
#09	Comparison of academic achievements of students with different school shifts according to their chronotype	Mr Yklym Bolmammedov
#10	Influence of chronotype of people on antihypertensive therapy	Mr Yklym Bolmammedov
#11	withdrawn	
#12	Measuring Effects of Light Exposure on Activity, Sleep and Human Performance	Dr Altug Didikoglu
#13	Can light affect functional brain connectivity? Investigating the effects of daytime light exposure with metameric light and EEG measures	Ms Elifnaz Gecer
#14	Modifying daytime light exposure in office workers through an app-based 'nudge' behavioural intervention: Acceptability and feasibility of a pilot randomised controlled trial	Mr Jeevun Grewal
#15	Office lighting and cognitive functions: can it be too bright?	Dr Mirjam Münch
#16	Daytime alertness, mood and cognition improved by supplementing sub-optimal ambient lighting with a high-melanopic illuminance task lamp	Dr Shadab Rahman

	Circadian Rhythms and Psychiatric Disorders	Presenting Author
#17	Chronotherapy in adult ADHD: results from the PhASE study	Mx Emma van Andel
#18	Verification of the effect of a novel lighting source on circadian rhythmicity and mood of healthy volunteers	Ms Kateřina Červená
#19	The use of circadian markers as predictor of response in the treatment of depression – a systematic review	Ms Stella Druiven
#20	Acceptability and feasibility of altering daily light exposure patterns, as part of an occupational therapy intervention to improve sleep in participants with schizophrenia in the community	Mx Sophie Faulkner
#21	Seasonality of Human Sleep - I: Influence of Individual Melatonin Levels in Healthy Subjects	Dr Dieter Kunz
#22	Seasonality of Human Sleep - II: PSG-Data in Neuropsychiatric Sleep Patients	Dr Dieter Kunz
#23	Impact of Integrative Lighting on Seniors	Dr Lenka Maierova
#24	Salivary Cortisol Awakening Response as Predictor for Depression Severity	Dr Klaus Martiny
#25	Optimizing a dynamic lighting system in New Psychiatry Bispebjerg	Dr Klaus Martiny
#26	How do SCN neurons read the time of the day in diurnal and nocturnal rodents?	Dr Patrycja Orłowska-Feuer
#27	Lumos Smart Glasses and its Effects of Light Therapy Duration on Mood, Sleep and Cognition	Mr Lucas Tang

	Circadian Rhythms and Psychiatric Disorders	Presenting Author
#28	Timescale variation of daytime complaints associated with sleepiness and fatigue among patients suffering from obstructive sleep apnea and narcolepsy	Ms Vaida Verhoef
#29	Optimization, Working Mechanisms and Response Predictors of Bright Light Therapy for Depression - A Randomized Multicenter Clinical Trial	Mrs Emma Visser
#30	Chronotypes in the age of COVID-19: Associations with social rhythms and psychological wellbeing over time	Dr Lisa M. Wu

	Other topics	Presenting Author
#31	Sleep education in the elderly	Ms Katarína Evansová
#32	Light, activity and sleep in my daily life: Design of an online intervention targeting changes to routines and the home	Dr Kiran Maini Gerhardsson
#33	Does the reduction of a short-wavelength light during the day impact human sleep?	Ms Katarína Kováčová
#34	Changes in circadian rhythmicity during COVID-19 pandemic lockdowns	Ms Anna Sochůrková
#35	The impact of short-wavelength reduction during the day on human sleepiness and reaction time.	Dr Katarína Stebelová

	Other topics	Presenting Author
#36	Light exposure of indoor and outdoor workers in different occupations	Dr Ljiljana Udovicic
#37	Clinical outcomes of light therapy in hospitalized patients – A systematic review	Dr Anders West
#38	Effects of temporal light modulation on workers' cognitive performance, mental workload and well-being	Dr Andreas Wojtysiak
#39	Three-dimensional unsupervised probabilistic pose reconstruction (3d-upper) for freely moving animals	Dr Aghileh Ebrahimi
#40	Look-up and look-down neurons in the mouse visual thalamus during freely moving exploration	Dr Aghileh Ebrahimi
#41	EnLIGHTen the depressed brain: Functional and structural neural correlates before and after bright light therapy in depression	Dr Oana Georgiana Rus-Oswald