

**34rd Annual meeting of the
Society for Light Treatment and Biological Rhythms**
Preliminary Program

| CET | Monday, May 29 th , 2023 |
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| 16:00 – 18:00 | Lighten Up! On Biology and Time exhibit viewing |

| CET | Tuesday, May 30 th , 2023 |
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| 08:15 – 08:45 | Registration |
| 08:45 – 10:15 | CME Part I: Chronotherapy and Chronomedicine Chair: Corrado Garbazza |
| 08:45 – 09:15 | John Blaikley, UK |
| 09:15 – 09:45 | Francis Levi, UK <i>Digital circadian health toward personalized cancer chronotherapy</i> |
| 09:45 – 10:15 | Sara Montagnese, Italy |
| 10:15 – 10:30 | Coffee Break |
| 10:30 – 12:00 | CME Part II: Chronotherapy and Chronomedicine Chair: Corrado Garbazza |
| 10:30 – 11:00 | David Ray, UK <i>Circadian misalignment and its impact on liver metabolic function and inflammation</i> |
| 11:00 – 11:30 | Lisette Rops, Netherlands <i>Step into the LightCafe: Predictors and effects of light therapy for mood disorders in the LightCafe in Eindhoven</i> |
| 11:30 – 12:00 | Panel discussion and Q&A |
| 12:00 – 13:30 | Lunch (+ Board meeting lunch) + Exhibit |
| 13:30 – 15:00 | Symposium I: Basic Chair: Louise Ince, Co-chair: Francesco de Virgiliis |
| 13:30 – 14:00 | Renske Lok, US <i>Perils of the nighttime: Late timing of behavior increases the likelihood of physical and mental health disorders across chronotypes in 73,888 community-dwelling adults</i> |
| 14:00 – 14:30 | Christoph Scheiermann, Switzerland <i>The circadian immune system in cancer</i> |
| 14:30 – 15:00 | <i>To be determined</i> |
| 15:00 – 15:15 | Coffee break |
| 15:15 – 16:15 | Oral session I |
| 15:15 – 15:30 | |
| 15:30 – 15:45 | |
| 15:45 – 16:00 | |
| 16:00 – 16:15 | |
| 16:15 – 16:30 | Coffee break |
| 16:30 – 17:30 | Young Investigator Award |
| 17:30 – 18:00 | Data Blitz |
| 18:00 – 20:00 | Poster Session Reception (wine and cheese) |

| CET | | Wednesday, May 31st, 2023 | |
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| 08:30 – 09:30 | General assembly, for SLTBR members only | | |
| 09:30 – 11:00 | Symposium II: Translational Chair: Renske Lok | | |
| 09:30 – 10:00 | Charlotte Helfrich-Förster, Germany <i>Synchronisation between menstrual cycles and the luminance and gravimetric cycles of the moon</i> | | |
| 10:00 – 10:30 | Andrew Coogan, Ireland <i>What does the public think when asked about Daylight Savings Time? Reconciling chronobiological and popular perspectives</i> | | |
| 10:30 – 11:00 | Erin Flynn-Evans (NASA), US | | |
| 11:00 – 11:15 | Coffee Break | | |
| 11:15 – 12:45 | Oral Session II | | |
| 11:15 – 11:30 | | | |
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| 12:30 – 12:45 | | | |
| 12:45 – 13:45 | Lunch | | |
| 13:45 – 14:45 | Symposium III: Technology and Innovations in Chronobiology and Sleep Chair: Lisa Wu | | |
| 13:45 – 14:00 | Ali Amidi, DK <i>In search of the optimal treatment components for insomnia using the Multiphase Optimization Strategy: Development of a smartphone-delivered CBT-I</i> | | |
| 14:00 – 14:15 | Rob Lucas, UK | | |
| 14:15 – 14:30 | Jakob Weber, Switzerland <i>Technologies to reliably determine melatonin and DLMO</i> | | |
| 14:30 – 14:45 | Panel discussion and Q&A | | |
| 14:45 – 15:00 | Coffee break | | |
| 15:00 – 16:30 | Year in Review Chair: Christian Cajochen | | |
| 15:00 – 15:30 | Paul Franken, Switzerland <i>Basic/Animal</i> | | |
| 15:30 – 16:00 | Christine Blume, Switzerland <i>Translational/Human</i> | | |
| 16:00 – 16:30 | Corrado Garbazza, US <i>Clinical</i> | | |
| 18:00 – late | SLTBR Gala dinner | | |

| CET Thursday, June 1st, 2023 | |
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| 09:00 – 10:00 | Oral Session III |
| 09:00 – 09:15 | |
| 09:15 – 09:30 | |
| 09:30 – 09:45 | |
| 09:45 – 10:00 | |
| 10:00 – 10:30 | Change meeting room / Coffee Break |
| 10:40 – 12:00 | Common Plenary with the Daylight Academy: Marijke Gordijn, Netherlands Lisa Heschong, USA Christoph Küffer, Switzerland <i>Out of sync in indoor lifestyles? Do we need to reconnect with natural rhythms?</i> |
| 12:00 – 13:30 | Lunch |
| 13:30 – 15:00 | Symposium IV: Clinical Chair: Aleksandar Videnovic |
| 13:30 – 14:00 | Joe Winer US <i>Characterizing relationships between sleep-wake rhythms and cognition in aging and neurodegenerative disease</i> |
| 14:00 – 14:30 | Jeroen Dudink, Netherlands <i>Beginning to see the light: Optimizing light conditions in the neonatal intensive care unit</i> |
| 14:30 – 15:00 | Kathryn J. Reid, US |
| 15:00 – 15:15 | Coffee break |
| 15:15 – 16:15 | Keynote Speaker: Debra Skene, UK <i>Metabolic profiling of shift work</i> |
| 16:15 – 16:45 | Awards and Closing Remarks |