

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

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

CET	Tuesday, May 30 th , 2023
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	
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			
11:30 – 11:45			
11:45 – 12:00			
12:00 – 12:15			
12:15 – 12:30			
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 Garbaza, US <i>Clinical</i>		
18:00 – late	SLTBR Gala dinner		

CET Thursday, June 1st, 2023	
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 <i>Impact of light on health: Time matters</i>
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