

**35<sup>th</sup> Annual Meeting of the Society for Light Treatment and Biological Rhythms  
Preliminary Program**

<b>CET</b>	<b>Thursday, June 20<sup>th</sup>, 2024</b>
<b>08:00 – 09:00</b>	<b>Registration</b>
<b>09:00 – 09:10</b>	<b>Welcome</b> President Prof. Christian Cajochen, University of Basel, Switzerland
<b>09:10 – 12:00</b>	<b>Symposium I: Circadian Medicine</b> Chair: Corrado Garbazza, University of Basel, Switzerland Co-chair: Kateřina Skálová, Charles University, Czech Republic
09:10 – 09:20	Corrado Garbazza, University of Basel, Switzerland Introduction to circadian health
09:20 – 09:50	Manuel Spitschan, Technische Universität München, Germany How to measure, characterise and report light in studies and clinical trials
09:50 – 10:20	Lenka Maierova, Czech Technical University, Czech Republic Jana Kopřivová, National Institute of Mental Health, Czech Republic Clinical implications of spectral differences in phototherapy devices
<b>10:20 – 10:45</b>	<b>Coffee Break and Exploring Vendors</b>
10:45 – 11:15	Jonathan Johnston, University of Surrey, United Kingdom Chrono-nutrition: advances, potential and challenges
11:15 – 11:45	Alun Hughes, Liverpool John Moores University, United Kingdom Timed exercise as a tool to improve aberrant circadian function
11:45 – 12:00	Panel Discussion
<b>12:00 – 13:00</b>	<b>Lunch and Exploring Vendors</b>
<b>13:00 – 14:15</b>	<b>Symposium II: Basic Science</b> Chair: Andries Kalsbeek, Netherlands Institute for Neuroscience, The Netherlands Co-chair: Veronika Špišská, Charles University, Czech Republic
13:00 – 13:25	Jeffrey Hubbard, University of Lausanne, Switzerland Modification of light and dark transition length affects sleep and waking behavior in the laboratory mouse.
13:25 – 13:50	<i>TBD</i>
13:50 – 14:15	Michal Zeman, Comenius University Bratislava, Slovakia Disturbance of hormonal circadian rhythms by light pollution
<b>14:15 – 14:45</b>	<b>Coffee Break and Exploring Vendors</b>
<b>14:45 – 16:15</b>	<b>Early-Stage Investigator Symposium</b>
14:45 – 15:15	J. Christian Gillin Young Investigator Award Presentation
15:15 – 16:15	<i>TBD</i>
<b>16:15 – 17:00</b>	<b>Data Blitz</b>
<b>17:00 – 19:30</b>	<b>Poster Session Reception and Exploring Vendors</b>

<b>CET</b>	<b>Friday, June 21<sup>st</sup>, 2024</b>
<b>09:00 – 10:15</b>	<b>Symposium III: Industry Symposium</b> <b>How to contribute to the future of circadian health</b> Chair: Marijke Gordijn, University of Groningen, the Netherlands Co-chair:
09:00 – 09:30	Elevator pitch of main sponsors
09:30 – 10:15	Structured panel discussion
<b>10:15 – 10:45</b>	<b>Coffee Break and Exploring Vendors</b>
<b>10:45 – 12:00</b>	<b>Oral Session I</b>
<b>12:00 – 13:00</b>	<b>Lunch and Exploring Vendors</b>
<b>13:00 – 14:15</b>	<b>Oral Session II</b>
<b>14:15 – 14:45</b>	<b>Coffee Break and Exploring Vendors</b>
<b>14:45 – 16:00</b>	<b>Symposium IV: Translation Science</b> Chair: Lisa Wu, Reykjavik University, Iceland Co-chair: Aneta Kubištová, Charles University, Czech Republic
14:45 – 15:10	Sebastian Holst, Roche, Switzerland Circadian Regulation and Its Association with Neurodevelopmental and Psychiatric Disorders
15:10 – 15:35	Lauren Hartstein, University of Arizona, United States Sensitivity of the Circadian System to Light in Early Childhood
15:35 – 16:00	Shantha Rajaratnam, Monash University, Australia Shift work, circadian disruption and sleep health
<b>16:00 – 17:15</b>	<b>Oral Session III</b>
<b>19:00 – late</b>	<b>Gala Dinner</b>
	Anna Wirz-Justice & Helena Illnerová Chronobiology legends: A fireside chat with trailblazing women in science

<b>CET</b>	<b>Saturday, June 22<sup>nd</sup>, 2024</b>
<b>09:00 – 10:00</b>	<b>Members Meeting</b>
<b>10:00 – 10:30</b>	<b>Coffee Break and Exploring Vendors</b>
<b>10:30 – 12:00</b>	<b>Year in Review</b> Chair: Co-chair: Alex Kratina, Charles University, Czech Republic
10:30 – 10:55	Andries Kalsbeek, Netherlands Institute for Neuroscience, The Netherlands Year in Review - Basic
10:55 – 11:20	Jana Kopřivová, National Institute of Mental Health, Czech Republic Year in Review - Translational
11:20 – 11:45	Filip Španiel, National Institute of Mental Health Czech Republic Year in Review – Clinical
11:45 – 12:00	Year in Review – Panel Discussion
<b>12:00 – 13:00</b>	<b>Lunch (and Board Meeting) and Exploring Vendors</b>
<b>13:00 – 14:15</b>	<b>Symposium V: Clinical Science</b> Chair: Aleksandar Videnovic, Harvard University, United States Co-chair: Eva Filipovská, Charles University, Czech Republic
13:00 – 13:25	Sabra Abbott, Northwestern University, United States Translating circadian science to the clinic
13:25 – 13:50	Tami Martino, University of Guelph, Canada Circadian dysregulation in cardiovascular disease
13:50 – 14:15	Filip Španiel, National Institute of Mental Health, Czech Republic Chronobiology of Bipolar Disorder
<b>14:15 – 14:45</b>	<b>Coffee break and exploring vendors</b>
<b>14:45 – 15:45</b>	<b>Keynote</b> Chair: Christian Cajochen, University of Basel, Switzerland
	Satchin Panda, Salk Institute for Biological Studies, United States Circadian rhythms and time-restricted eating in health and disease
<b>15:45 – 16:00</b>	<b>Awards and Closing Remarks</b>