

35th Annual Meeting of the Society for Light Treatment and Biological Rhythms Program

CET	Thursday, June 20 th , 2024
08:00 – 09:00	Registration
09:00 – 09:10	Welcome President Prof. Christian Cajochen, University of Basel, Switzerland
09:10 – 12:00	Symposium I: Circadian Medicine 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
10:20 – 10:45	Coffee Break and Exploring Vendors
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
12:00 – 13:00	Lunch and Exploring Vendors
13:00 – 14:15	Symposium II: Basic Science 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	Laura Kervezee, Leiden University Medical Center, The Netherlands Circadian medicine in the intensive care unit: the interplay between circadian rhythms, nutrition, and glucose control
13:50 – 14:15	Michal Zeman, Comenius University Bratislava, Slovakia Disturbance of hormonal circadian rhythms by light pollution
14:15 – 14:45	Coffee Break and Exploring Vendors
14:45 – 16:15	Early-Stage Investigator Symposium Chair: Renske Lok, Stanford University, United States Co-chair: Paul Franken, University of Lausanne, Switzerland
14:45 – 15:15	Presentation J. Christian Gillin Early-Stage Investigator Award Winner Fatemeh Fazlali, University of Basel, Switzerland Sex and seasonal changes in human melatonin suppression and alerting response to light
15:15 – 15:25	Jan-Frieder Harmsen, RWTH Aachen, Germany Natural daylight during office hours improves 24-hour glucose control and substrate metabolism in type 2 diabetes patients

15:25 – 15:35	Rafael Lazar, University of Basel, Switzerland Exposure to bright light during afternoon to early evening reduces later evening melatonin release in adolescents
15:35 – 15:45	Delaine Wescott, University of Pittsburgh, United States Effects of a brief chronotherapeutic intervention in emerging adults with delayed sleep timing and depression: Preliminary findings
15:45 – 15:55	Nemanja Milicevic, University of Tampere, Finland The circadian modulation of melanin biosynthesis by targeting the ROR regulatory motif in the retinal pigment epithelium
15:55 – 16:05	Rebecca Cox, University of Colorado Boulder, United States Light therapy reduces daily intrusive cognition in young adults with obsessive-compulsive disorder (OCD): Preliminary findings from a pilot randomized control trial
16:05 – 16:15	Johannes Zauner, Technical University of Munich, Germany Reproducible analysis of personal light exposure data with LightLogR
16:15 – 17:00	Data Blitz
17:00 – 19:30	“Wine & Cheese” Poster Reception

CET	Friday, June 21st, 2024
09:00 – 10:15	Symposium III: Industry Symposium How to contribute to the future of circadian health Chair: Marijke Gordijn, University of Groningen, the Netherlands Co-chair: Aleksandar Videnovic, Harvard University, United States
09:00 – 09:30	Elevator pitch of main sponsors
09:30 – 10:15	Structured panel discussion
10:15 – 10:45	Coffee Break and Exploring Vendors
10:45 – 12:00	Oral Session I Chair: Manuel Spitschan, Technische Universität München, Germany
10:45 – 10:58	Niloufar Tabandeh, Max Planck Institute for Biological Cybernetics, Germany Classification of natural indoor and outdoor scenes from radiometric, photometric, and colorimetric features
10:58 – 11:10	Larissa Wüst, Psychiatric Hospital of the University of Basel, Switzerland Reliability of field-measured timing of melatonin onset with minimal instructions and self-reported sleep timing
11:10 – 11:23	George Brainard, Thomas Jefferson University, United States Monochromatic and polychromatic light suppression of nocturnal melatonin in adult men stimulates prostate cancer growth and metabolism in human prostate cancer xenografts in rats
11:23 – 11:35	Urs Albrecht, University of Fribourg, Switzerland Cyclin-dependent kinase 5 (Cdk5) activity is modulated by light and gates rapid phase shifts of the circadian clock
11:35 – 11:47	Fermin Balda, CRC - Human Imaging, Belgium Impact of light illuminance on locus coeruleus activity during an auditory emotional task: insights from high-resolution MRI imaging
11:47 – 12:00	Shadab Rahman, Harvard Medical School, United States Effects of light from electronic devices on self-reported sleep in the U.S. population
12:00 – 13:00	Lunch and Exploring Vendors

13:00 – 14:15	Oral Session II Chair: Ali Amidi, Aarhus University, Denmark
13:00 – 13:12	Vaida Verhoef, Eindhoven University of Technology, The Netherlands Hot or Cold: skin temperature as a predictor of daytime sleepiness?
13:12 – 13:25	Philip Cheng, Henry Ford Health/Michigan State University Health Sciences, United States Personalized light therapy for night shift workers: A precision medicine approach to reducing insomnia and sleepiness
13:25 – 13:38	Lisa Wu, Reykjavik University, Iceland The effect of light therapy on fatigue and circadian robustness in prostate cancer patients undergoing radiation therapy (the PC-LIGHT Study)
13:38 – 13:50	Rina Taniguchi, Okehazama Hospital, Japan Bedroom light exposure at night and obesity in individuals with bipolar disorder
13:50 – 14:02	Emma van Andel, PsyQ Expertise Center Adult ADHD, The Netherlands Biomarkers for chronic diseases in adults with ADHD and Delayed Sleep Phase Syndrome
14:02 – 14:15	Robert Levitan, CAMH, University of Toronto, Canada Maternal Fall-Winter Seasonality Moderates Season of Conception Effects on Child Executive Functioning: Implications for Neurodevelopmental Research
14:15 – 14:45	Coffee Break and Exploring Vendors
14:45 – 16:00	Symposium IV: Translation Science Chair: Lisa Wu, Reykjavik University, Iceland Co-chair: Aneta Kubištová, Charles University, Czech Republic
14:45 – 15:10	Sebastian Holst, Roche, Switzerland Circadian mechanisms related to vasopressin and its associations with 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
16:00 – 17:15	Oral Session III Chair: John Hanifin, Thomas Jefferson University, United States
16:00 – 16:12	Debora Constantino, University of Surrey, United Kingdom Effect of Blue-Enriched Light and Irradiance Levels on Rest-Activity Rhythms and Sleep in Older Adults
16:12 – 16:25	Anna Biller, Technical University of Munich, Germany Determinants of sleep under real-world conditions: Preliminary results from the longitudinal, 12-month Ecology of Human Sleep (EcoSleep) cohort study
16:25 – 16:38	Anneke Kastelein, LUMC, The Netherlands Time-Of-Day Impacts Severity Of Chemotherapy-Induced Fatigue In Mice
16:38 – 16:50	Ali Amidi, Aarhus University, Denmark Sleep and circadian activity rhythms during immunotherapy treatment in lung cancer patients are prospectively associated with fatigue, disease progression, and survival
16:50 – 17:02	Katharina Wulff, Umeå University, Sweden Behaviour-based movement cut-off points in 3-year old children comparing wrist and hip-worn actigraphs MotionWatch 8 and ActiGraph GT3X
17:02 – 17:15	Cátia Reis, Faculdade de Medicina Universidade de Lisboa, Portugal Light Influences Hormonal Production Differently According to Chronotype: A Naturalistic Study of Elite Female Football Athletes
18:30 – late	Gala Dinner Chair: Christian Cajochen, University of Basel, Switzerland Co-chair: Alena Sumová, Czech Academy of Sciences, Czech Republic
	Anna Wirz-Justice & Helena Illnerová Chronobiology legends: A fireside chat with trailblazing women in science

CET	Saturday, June 22nd, 2024
09:00 – 10:00	Members Meeting
10:00 – 10:30	Coffee Break and Exploring Vendors
10:30 – 12:00	Year in Review Chair: Thomas Kantermann, FOM University, Germany 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
12:00 – 13:00	Lunch and Exploring Vendors
13:00 – 14:15	Symposium V: Clinical Science 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
14:15 – 14:45	Coffee break and exploring vendors
14:45 – 15:45	Keynote 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
15:45 – 16:00	Awards and Closing Remarks