



SLRCH
SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH

**SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH
37TH ANNUAL MEETING**

PROGRAM



11 - 13 SEPTEMBER 2026

LA STATALE, UNIVERSITY OF MILAN, ITALY

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SESSION I:
FRIDAY 11 SEPTEMBER (17:30h - 18:30h)
AREA: EL CORTILE 700

#	Title	Presenting Author A-Z
1	Towards Physiology-Oriented Lighting in Laboratory Animal Housing: Spectrum, Intensity and Welfare-Related Outcomes in Albino Wistar Rats	Zdeňka Bendová
2	Transcriptomic Signatures of Response to Total Sleep Deprivation in Major Depressive Disorder	Diana Betelli
3	Development of 24-Hour Rhythms in Cortisol Secretion Across the First 2 Years of Life in Preterm Infants: A Systematic Review and Individual Participant Data Meta-Analysis	Roos Bos
4	Beyond Melanopic EDI: Investigating the Physical and Perceptual Properties of Daylight in Driving Neurobehavioral and Autonomic Responses	Catherine Bratschi
5	A New Home Dim Light Melatonin Onset Kit With iPhone App	Helen Burgess
6	Time Spent Outdoors in Daylight and Sleep Quality: Nonlinear Associations in the Dutch Lifelines Cohort	Nina Buschhausen
7	Alteration of Light Perception in Alzheimer's Disease	Arianna Cella
8	The Influence of Sex Steroid Hormones on the Neuroendocrine Effects of Evening Light Exposure in Healthy Adults	Carolina Guidolin
9	Optimizing Tunable Lighting for Human Health	John Hanifin
10	Light-Driven Aversion: Melanopsin's Role in Behavioural Responses to Negative Stimuli	Aghileh Ebrahimi
11	Natural Daylight Exposure, Sleep Quality, and Circadian Rhythmicity in Shift-Working Nurses	Claudia Roberta Moreno
12	Chrononutritional Instability and Sleep-Related Behavioral Patterns in Ukrainian Young Adults Living Under Chronic Stress Conditions	Oksana Mykytyuk
13	Combined Cognitive Behavioral and Circadian Therapy for Insomnia (CBCTI) in Young Adults With Anxiety: A Randomized Controlled Trial	Lara Naus
14	Diurnal and Seasonal Variation in Highly Practiced Cognitive Performance: Evidence From 127 Official Danish Rubik's Cube Competitions	Gustav Pedersen
15	Comparing Real-World Light Exposure and Mood Relationships in Healthy Adults and Individuals With Depression/Anxiety	Chloe Roddis
16	Prenatal Exposure to Dim Light at Night Induces Sex-Specific Alterations in Adrenal and Renal Regulation in Rats	Katarína Stebelová
17	Reproducible and Interoperable Light Exposomics With the Global Light Commons	Salma Thalji
18	High Neighborhood Social Vulnerability Predicts Poor Bedroom Lighting Conditions	Marleigh Treger
19	Chrono-Behavioral Therapy for Cancer-Related Fatigue: Preparation-Phase Findings from a MOST Study	Lisa Wu

SESSION II:
SATURDAY 12 SEPTEMBER (10:30h - 11:15h)
AREA: EL CORTILE 700

#	Title	Presenting Author A-Z
20	FELIX: 40 Hz Light Neurostimulation for Patients With Depression	Nikolas Aasheim
21	Circadian Rhythms in Epilepsy and the Optimisation of Anti-Seizure Medication Timing	Jake Ahern
22	Effect of Morning vs. Evening Physical Activity on Affectivity: Evidence From a Randomized Cross-Over Trial	Gali Albalak
23	Real-World Light Exposure in Community-Dwelling Older Adults in Singapore	Zahrah Alkaff
24	Chronotherapy Shortens Hospitalization for Bipolar Depression: A Single-Center Replication Across Three Decades (1994-2024)	Francesco Attanasio
25	Irregular Sleep-Wake Patterns and Psychological Distress: Considering Sex-Differences	Andrea Ballesio
26	Taxifolin as a Novel Melatonergic Chronopharmacological Modulator Restores Sleep, Mood, and Social Behaviour in Environmental Rhythm Disruption	Shubham Singh Bartwal
27	Effects of Systemic Inflammation on White Matter Integrity Change Across Seasons in Bipolar Depression	Francesco Benedetti
28	Physiological and Psychophysical Parameters of Visual Discomfort Show Linear Dose–Response Relationships Under Broadband Photopic Illumination	Lucien Bickerstaff
29	Characterizing Biologically-Relevant Light Exposure in Preterm Infants Across Ward-Design and Single-Room Neonatal Intensive Care Units	Roos Bos
30	A Double-Blinded Randomized Placebo-Controlled Trial Examining the Antidepressant Effects of Transcranial Pulsed Electromagnetic Fields	Nana Brandborg Sørensen
31	Choroid Plexus Volume as a Marker of Chronobiological Disruption and Chronotherapeutic Response in Major Depressive Disorder	Beatrice Bravi
32	Pupil Dynamics in Response to the Spectral Composition of Seasonal Natural Light in Northern Sweden (at Latitude 64°N)	Kateřina Červená
33	Systemic Circadian Misalignment and Kupffer Cell Clock Function in Metabolic Dysfunction-Associated Steatohepatitis (MASH)	Siyu Chen
34	GLP-1R–HCRT2 Crosstalk in Gut Dysbiosis Drives Metabolic and Circadian Disruption Leading to Glymphatic Impairment	Vishal Chhabra
35	Effects of School Shift Transition on Light Exposure and Sleep Regularity in Adolescents	Luisa Costa-Lopes
36	Bright Light Therapy Promotes a Sustained Shift in Circadian Preference Toward Morningness in Major Depressive Disorder: A Six-Month Follow-Up Study	Beatrice Dal Bianco
37	Health Illuminated: Quantified Effects of Light on Sleep and Health	Jasmijn de Joode
38	Therapeutic Applications of Near Infrared - Yet Another Reason to Take Daylight Serious?	Yvonne de Kort

SESSION III:
SATURDAY 12 SEPTEMBER (14:15h - 15:00h)
AREA: EL CORTILE 700

#	Title	Presenting Author A-Z
39	Impact of Dosimeter Position on the Validity of Personal Light Exposure Measurement: Results From a Hybrid Measurement-Simulation Study	Sietse de Vries
40	Chromatic Pupillometry Correlates With Cognitive Performance and DaT-SPECT in Isolated REM Sleep Behavior Disorder	Jan de Zeeuw
41	Towards Biologically Relevant Quantification of Anthropogenic Light at Night: Spectral Weighting Functions for Environmental Light Exposure Assessment	Altug Didikoglu
42	Interoceptive Accuracy as a Predictor of Response to Combined Total Sleep Deprivation and Light Therapy in Depressive States: An Exploratory Study	Greta D'Orsi
43	Real-World Daytime Melanopic Light Dose and Evening Circadian Photosensitivity: A Repeated-Measures Study Protocol	Taisuke Eto
44	Adjunctive Bright Light Therapy in Major Depressive Disorder: A Pilot Randomized Trial on Acute Response and Six-Month Remission Maintenance	Filippo Frizzi
45	Non-Visual Light Sensitivity in Individuals With Neurodevelopmental Conditions – A Transdiagnostic Approach	Giulia Gaggioni
46	Evaluating the Effects of Osmolality and Nutrient Concentration on Cellular Circadian Rhythms	Paras Garg
47	Evaluation of Usability and Usefulness of a Municipality Implemented Behavioural Intervention ('Light, Activity and Sleep in My Daily Life')	Kiran Maini Gerhardsson
48	Environmental vs Personal Light Sensors in Occupied Offices: Implications for Circadian Exposure Assessment	Peter Hanuliak
49	An Automated Pipeline for the Development of Optimised Silent Substitution Stimuli	Thomas Houston
50	Mediating Role of Sleep Hygiene in the Association Between Time Perspective and Chronotype	Konrad Jankowski
51	Treatment Time-Of-Day Affects Tumour Response to Doxorubicin in Soft Tissue Sarcoma	Anneke Kastelein
52	Assessment of Dim Light Melatonin Onset (DLMO) in the Home Setting: Reproducibility and Relationship With Chronotype	Benjamin Kirke
53	Later Clock and Circadian Dinner Time Is Associated With Higher Fasting Blood Glucose in Depression	Alison Klevens
54	Using Actigraphy to Personalize Chemotherapy Timing and Increase Time to Progression in Gynecological Cancers	Andree Kolliegbo
55	Nocturnal Light Exposure During Sleep Deprivation Impairs Subsequent Recovery Sleep	Jana Kopřivová
56	Characterization of Circadian and Immune Effects of Ketamine in the Rat	Alexandr Adam Kratina
57	Longitudinal Changes in DaT-SPECT Under Chronobiotic Melatonin Treatment in Isolated REM Sleep Behavior Disorder	Dieter Kunz

**SESSION IV:
SUNDAY 13 SEPTEMBER (10:00h - 10:45h)
AREA: EL CORTILE 700**

#	Title	Presenting Author A-Z
58	24-Hour Rest–Activity Composition and Affect in Stroke Survivors: A Circadian Health Perspective	Stephen Lau
59	Effects of Light on Memory	Qianyi Liu
60	Chronotype and the Relationship Between Pre-Sleep Light Exposure and Emotional Distress: Preliminary Data	Carolina Mano
61	Effects of Dim-Evening Lighting Optimised for Geographical Orientation Versus Standard Lighting on Mental Health in 2800 Psychiatric Inpatients	Klaus Martiny
62	The Rhythms in the Blues: Modeling and Modulating Diurnal Positive Affect Rhythms	Riya Mirchandaney
63	Cohort Profile of a Randomised Controlled Trial of LightUP, a Behaviour-Change App to Optimise Light Exposure in Older Adults	Resshaya Roobini Murukesu
64	Digital Light Exposure and Circadian Instability in Ukrainian Youth Living in a Non-Frontline Wartime Region	Oksana Mykytyuk
65	Effects of Total Sleep Deprivation and Light Therapy on Resting-State Activity and Neurovascular Coupling in Bipolar Depression	Marco Paolini
66	Local Circadian Clocks Are Desynchronized From the Central Circadian Pacemaker in a Mouse Model of Inflammatory Arthritis	Lance Riley
67	The Circular Interaction of Light, Clocks and Sleep	Anne Skeldon
68	Enough, Too Little or Too Much? Evaluating Light-Exposure Recommendations for Sleep and Circadian Health Through a Mathematical Modeling Approach	Karin Smolders
69	Facilitating the Transition from Research to Clinical Practice: Implementation Perceptions of a Sleep and Light Intervention (SALI) to Treat Depression	David Sommerfeld
70	Patient-Reported Diagnostic Pathways, Functional Impact and Online Community Involvement in Sighted Non-24-Hour Sleep-Wake Disorder	Manuel Spitschan
71	Case Report: Circadian Rhythm Assessment in a Child With DOORS Syndrome and Genetic Epileptic Encephalopathy	Magdalena Szczęsna
72	From Nominal Lux to Ocular Dose: Optical Characterization of 21 Commercial Light-Therapy Devices	Niloufar Tabandeh

SESSION V:
SUNDAY 13 SEPTEMBER (14:15h - 15:00h)
AREA: EL CORTILE 700

#	Title	Presenting Author A-Z
73	Associations Between Mood and Sleep Timing in 28 Days Electronic Monitoring by Patients with Depression	Klaus Martiny
74	Den Living: A Peak Into the Dark Bedroom Environment of a Night Shift Worker	Marleigh Treger
75	Whole-Brain Reorganisation of Functional Network Topology Following Antidepressant Chronotherapeutic in Bipolar Depression	Edoardo Venturelli
76	Fractal Dynamics in Spontaneous Motor Activity Associate with Antidepressant Response, Cerebellar Volumes, and White Matter Microstructure in Bipolar Disorder	Chiara Verga
77	Phase Advance of Dim Light Melatonin Onset Associated with Antidepressant Response in Bipolar Depression	Chiara Verga
78	Stable Circadian Entrainment in a Sighted Patient with Non-24-Hour Sleep-Wake Disorder	Nina Waldthaler
79	Seasonal Variation of Slow Wave Activity in Humans: Spring vs Autumn	Katy Sarah Weihrich
80	Carryover Effects of Bright Light Exposure in the Evening	Letizia Wörrlein
81	Light Exposure and Diurnal Activity Profile in Critically Ill Patients	Larissa Wüst
82	Sustained Adherence to Home-Based Bright Light Therapy in Major Depressive Disorder: A Six-Month Feasibility Study	Martina Zappia
83	Age-Related Changes in Sleep: The Role of Light Exposure	Giulia Zerbini
84	Comparing the Efficacy of Add-On Daylight vs. Artificial Light Therapy for Inpatients with Major Depressive Disorder – Study Protocol for a Randomized Controlled Trial	Ronja Zimmermann
85	Health Impairments and Demand for Personalized Digital Support Associated with Shift Work: A Survey Among Hospital Shift Workers	Manuel Spitschan (first author: Paula Roßmüller)
86	The Association Between Chronotype, Night Eating Syndrome, and Night Eating Behaviors: A Systematic Review and Meta-Analysis	Ausilia Ferrentino
87	Immune Profiles of Response to Treatment With Total Sleep Deprivation and Light Therapy in Major Depression	Sara Poletti