

POSTER INSTRUCTIONS



Poster Specifications

Format and Size

Poster boards measure **1 m wide × 2 m high**.

We recommend preparing your poster in A0 format (841 × 1189 mm), portrait orientation. This size fits comfortably within the available poster board. You are also welcome to bring a different-sized poster, provided it fits within the allocated display area (1 × 2 m).

Poster Content

Your poster should clearly present your research and include the following sections:

- Introduction: Background and objectives.
- Methods: Methodology or technology used.
- Results: Key findings, supported by data and visuals.
- Discussion: Interpretation of the results, implications, and contribution to the field.

Digital Copy for the Congress App

In addition to your printed poster, please submit a digital copy (PDF preferred; image files also accepted). Your poster will be made available in the Congress App, allowing delegates to view it digitally throughout the meeting.

Submission: Please email your PDF or image to contact.slrch@gmail.com by **25 August, 2026**.

Mounting and Display

Location: University of Milan, La Statale, Cortile '700

Mounting materials will be provided on site.

Poster Sessions

With a record number of poster submissions this year, posters will be displayed in rotating sessions throughout the three congress days (11–13 September 2026).

Please mount your poster at the beginning of your assigned session and remove it promptly after your session ends to allow the next group of presenters to display their posters.

Your poster number, board number, and assigned session will be listed in the final programme.

Mounting and removal times: *[To be confirmed]*

Important: Posters that are not removed at the end of the assigned session may be removed and discarded to make room for the next session.

Data Blitz & Wine & Cheese Poster Reception

Data Blitz

Location: University of Milan, Aula 201

Date: 11 September 2026

Time: 17:00–17:30

Unlike previous years, the Data Blitz will feature a selected group of poster presenters rather than all poster presenters. Selected presenters have already been notified by email. The purpose of the Data Blitz is to introduce your research and encourage delegates to visit your poster during the Poster Reception.

Each presentation is limited to **1 minute**.

Slide Requirements

Please prepare one PowerPoint slide (16:9 format) containing:

- Abstract title
- Up to four figures
- Minimal text
- No animations

Submission: Please email your slide to contact.slrch@gmail.com by **25 August 2026**.

Wine & Cheese Poster Reception

Location: University of Milan, Cortile '700

Date: 11 September 2026

Time: 17:30–19:30

If your poster is displayed during this session, you are expected to be present at your poster throughout the reception to discuss your research and answer questions from delegates.

Poster Awards

A scientific committee will evaluate both the submitted abstracts and the poster presentations. Several outstanding posters will receive a Poster Award of USD 250 each.

The Poster Awards are generously sponsored by **Novalogy, Arcascope, and npj Biological Timing and Sleep**.

The awards will be presented during the Closing Ceremony on Sunday, 13 September 2026 (16:00–16:30).

Tips for a Successful Poster Presentation

Design

- Use a clear, readable font.
- Organise your poster with a logical and easy-to-follow layout.
- Include high-quality graphs, figures, and images.
- Consider adding a QR code linking to your publication, contact details, or supplementary material.

Engagement

- Prepare a brief overview of your research for visitors.
- If your poster is displayed during the Poster Reception, you are expected to be present at your poster.
- To increase the visibility of your research, we strongly encourage you to submit a digital copy of your poster. The abstract together with the poster graphic will be displayed in the Congress App, allowing delegates to explore your work throughout the entire congress.
- Take the opportunity to network with researchers, clinicians, and industry representatives from around the world.

Abstract Publication

Accepted abstracts will be published after the conference in the online journal Clocks & Sleep (MDPI).

If you prefer not to have your abstract published, please notify the organising committee by emailing contact.slrch@gmail.com.