



SLTBR

Society for Light Treatment
and Biological Rhythms



**33rd Annual meeting of the
Society for Light Treatment and Biological Rhythms
Light and the Circadian Clock - from Bench to Bedside**

Manchester, United Kingdom

June 23rd – June 25th, 2022

Dear Friends & Colleagues,

On behalf of the Board of Directors, we would like to welcome you to the 33rd annual meeting of the Society for Light Treatment and Biological Rhythms. We are very happy that after two years of delay, we finally meet each other at the University Campus in Manchester, United Kingdom.

It was a challenging time the past two years. Probably for you personally, but maybe also in a scientific or business-related way. It may have brought you fear, health problems, and stress. It also has opened new ways of communication and new insights. I hope that by now, we are able to look into the future again with a positive mind and that we are able to combine our pre-COVID-19 way of living with the new things we have learned. For a better and more healthy society.

Last year, SLTBR organized for the first time in their existence a virtual meeting. It was a meeting with excellent speakers and high-quality content. A large audience enjoyed it. What we all missed were the social events, the small talk, the informal discussions, and the possibility for young and old to mingle and get inspired.

For that reason, the Board of Directors decided to have a full in-person meeting again this year. For which we have to travel again, but where we will meet and greet. The program committee selected internationally renowned speakers and developed an excellent scientific program. We are very grateful for their participation in the meeting and we hope you will enjoy it too.

We are also very grateful for the continuous support of our sponsors. We welcome with great pleasure a few new sponsors. Without their contributions it would have been impossible to organize this event.

Last, but not least, as leaving president, I would like to express my gratitude to the hard-working board members, our local hosts in Manchester this year and our new administrative manager Annick Goijarts. Without their help we would not be here. I wish Christian Cajochen, our incoming president, all the best, and I am looking forward to support him the upcoming years to make SLTBR more successful than ever.

And now? Let's start! Thank you for being here. Enjoy the science, enjoy meeting old friends, and make new ones. Get inspired. We hope that when travelling home, you will look back on a successful meeting!

Marijke Gordijn
SLTBR President



Thursday, June 23rd, 2022 (Harwood Room)

GMT	
09:00 – 09:15	Marijke Gordijn, PhD, Groningen, The Netherlands <i>Welcome address from SLTBR President</i>
09:15 – 09:30	Timothy Brown, PhD, Manchester, United Kingdom <i>Welcome address by local host</i>
09:30 – 12:00	Symposium I - Basic circadian science (Harwood Room) Chair: Mirjam Münch, PhD & Victoria Revell, PhD
09:30 – 10:00	Beatriz Bano-Otalora, PhD, Manchester, United Kingdom <i>Let there be light: impact of daytime light intensity on circadian rhythms in a diurnal mammal</i>
10:00 – 10:30	Andrew Loudon, PhD, Manchester, United Kingdom <i>Measuring the passage of the seasons</i>
10:30 – 11:00	Coffee break (Barnes Wallis Room)
11:00 – 11:30	Laura Kervezee, PhD, Leiden, the Netherlands <i>The BioClock consortium: translating fundamental chronobiology to practical applications for a healthy circadian clock</i>
11:30 – 12:00	Valerie Simonneaux, PhD, Strasbourg, France <i>Light regulation of female reproductive cycles</i>
12:00 – 13:00	Lunch break (Barnes Wallis Room)/ Board meeting (Room1)
13:00 – 14:30	Oral Session I (Harwood Room) Chair: John Hanifin, PhD
13:00 – 13:15	Roya Sharifpour, MSc, Liège, Belgium <i>Ultra-high field 7 Tesla fMRI potential in revealing hypothalamus responses to blue-enriched light exposure</i>
13:15 – 13:30	Islay Campbell, MSc, Liège, Belgium <i>Ultra-high field MRI indications that exposure to blue enriched light increases attention brain responses during an oddball task</i>

GMT	
13:30–13:45	Manuel Spitschan, PhD, Munich, Germany <i>Development of the ENLIGHT reporting guidelines for human laboratory-based light exposure interventions</i>
13:45 – 14:00	Steffen Hartmeyer, MSc, Lausanne, Switzerland <i>Quantification of light exposure characteristics modulating non-visual responses with light-dosimetry</i>
14:00–14:15	Isabel Schöllhorn, MSc, Basel, Switzerland <i>Metameric display light: melanopsin dependent effects on sleep latency, melatonin and visual comfort</i>
14:15 – 14:30	David Sliney, PhD, Baltimore, United States of America <i>Measurements of retinal spectral exposure in occupied settings</i>
14:30 – 15:00	Coffee break (<i>Barnes Wallis Room</i>)
15:00 – 17:00	Young Investigator meeting–Young Investigator Award presentation Chair: Renske Lok, PhD, Stanford, United States of America & Patrycja Orłowska-Feuer, PhD, Manchester, United Kingdom
17:00 – 17:45	Data blitz posters Chair: Renske Lok, PhD, Stanford, United States of America
17:45 – 20:30	Poster exhibition & welcome reception (<i>Barnes Wallis Room</i>) <i>Posters, wine, and cheese</i>

Friday, June 24th, 2022 (Harwood Room)

GMT	
08:30 – 09:30	General assembly, for SLTBR members only (<i>Harwood Room</i>)
09:30 – 12:00	Symposium II - Translational circadian science (<i>Harwood Room</i>) Chair: Nina Milosavljevic, PhD & Katharina Wulff, PhD
09:30 – 10:00	Gilles Vandewalle, PhD, Liège, Belgium <i>High resolution imaging of the non-image-forming impact of light on the human brain</i>
10:00 – 10:30	Louise Ince, PhD, Austin, Texas, United States of America <i>Circadian regulation of neuroimmune function: implications for cognition & behavior</i>
10:30 – 11:00	Coffee break (<i>Barnes Wallis Room</i>)
11:00 – 11:30	Elizabeth Klerman, MD, PhD, Boston, United States of America <i>Time of day effects related to human response to COVID-19</i>
11:30 – 12:00	Kun Hu, PhD, Boston, United States of America <i>Decoding the information in spontaneous physiological fluctuations: application of nonlinear dynamic approaches in sleep medicine, mood disorders, and aging research</i>
12:00 – 13:00	Lunch break (<i>Barnes Wallis Room</i>)
13:00 – 14:00	Oral Session II (<i>Harwood Room</i>) Chair: Anna Wirz-Justice, PhD
13:00 – 13:15	John Hanifin, PhD, Philadelphia, United States of America <i>Solid state lighting countermeasures to improve circadian adaptation, sleep, and performance during a high fidelity analog study for the International Space Station</i>
13:15 – 13:30	Shadab Rahman, PhD, Boston, United States of America <i>Reduced fall rate in elderly care home residents following installation of solid-state dynamic lighting</i>
13:30 – 13:45	Mushfiqul Anwar Siraji, MSc, Selangor, Malaysia <i>Light exposure behaviour assessment (leba): a novel self-reported instrument to measure light exposure-related behaviour</i>

GMT	
13:45 – 14:00	Oliver Stefani, PhD, Basel, Switzerland <i>Metameric display light: melanopsin dependent effects on slow eye movements</i>
14:00 – 15:00	Industrial Symposium (Seoul Semiconductor, Lumie, Seaborough)
14:00 – 14:30	Oliver Stefani, PhD, Basel, Switzerland <i>Design meets chronobiology: new light for air traffic controllers</i>
14:30 – 14:45	Malgo Dzierugo, Lumie, United Kingdom <i>The story of Lumie: 30 years of light therapy for sleep and SAD</i>
14:45 – 15:00	Anne Berends, PhD, Seaborough, The Netherlands <i>Systemic photobiomodulation: clinical evidence from a double blind, placebo-controlled study with near-infrared light</i>
15:00 – 15:30	Coffee break (<i>Barnes Wallis Room</i>)
15:30 – 16:30	Year in Review (<i>Harwood Room</i>) Chair: Dorothy Sit, MD
15:30 – 15:50	Tim Brown, PhD, Manchester, United Kingdom <i>Year in review: “No longer in the dark? The latest bright ideas from human chronobiology</i>
15:50 – 16:10	Nina Milosavljevic, PhD, Manchester, United Kingdom <i>Year in review: “Chronobiology of rodents: challenges and advances</i>
16:10 – 16:30	Nicholas Meyer, MD, London, United Kingdom <i>Year in review: “Chronobiology in psychiatry, how far have we come, and where do we go from here?</i>
18:30 – 22:30	SLTBR Conference Dinner (<i>Hyatt Regency Hotel, The Bernstein suite, 55 Booth Street West</i>) Chair: Marijke Gordijn, PhD & Christian Cajochen, PhD

Saturday, June 25th 2022 (Harwood Room)

GMT	
08:00 – 11:15 CPD symposium: Melatonin and melatonin agonists from physiology to everyday usage Chair: Corrado Garbazza, MD, PhD (Harwood Room)	
08:00 – 08:40	Victoria Revell, PhD, Surrey, United Kingdom <i>Melatonin: how to tell and change the time of the circadian clock</i>
08:40 – 09:20	Shantha M.W. Rajaratnam, PhD, Melbourne, Australia <i>Melatonin in the treatment of delayed sleep-wake phase disorder: towards a circadian medicine approach</i>
09:20 – 09:35	Coffee break (Barnes Wallis Room)
09:35 – 10:15	Steven W. Lockley, PhD, Boston, United States of America <i>Melatonin and melatonin agonists for the treatment of N24 in totally blind patients</i>
10:15 – 10:55	Pierre Geoffroy, MD, PhD, Paris, France <i>Melatonin in adults with neuropsychiatric disorders: how and with what level of evidence?</i>
10:55 – 11:15	Panel discussion with all speakers
11:15 – 12:45 Symposium III - Clinical circadian science (Harwood Room) Chair: Christian Cajochen, PhD & Rob Lucas, PhD	
11:15 – 11:45	Aleksandar Videnovic, MD, Boston, United States of America <i>Light therapy in neurodegenerative disorders</i>
11:45 – 12:15	Shantha M.W. Rajaratnam, PhD, Melbourne, Australia <i>Light and melatonin interventions following traumatic brain injury</i>
12:15 – 12:45	Corrado Garbazza, MD, PhD, Boston, United States of America <i>Sleep and chronotype during pregnancy, and the bright light treatment of perinatal depression</i>
12:45 – 13:15	Lunch (Barnes Wallis Room)

GMT	
13:15 – 14:15	Oral Session III (Harwood Room) Chair: Michael Terman, PhD
13.15–13:30	Oliver Steiner, MSc, Berlin, Germany <i>The post-illumination pupil response correlates with cognition in REM-Sleep Behavior Disorder</i>
13:30 – 13:45	Olga Minaeva, MSc, Groningen, The Netherlands <i>Detecting individual-specific changes in circadian rest-activity rhythm and sleep in individuals tapering their antidepressant medication</i>
13:45– 14.00	Klaus Martiny, MD, PhD, Copenhagen, Denmark <i>Circadian reinforcement therapy in combination with electronic self-monitoring facilitates a safe post-discharge period for patients with depression</i>
14.00–14:15	Francesco Benedetti, MD, Milano, Italy <i>Novel correlates of immediate response to chronotherapeutics: Normalization of prefrontal glutamate, inflammation, white matter microstructure, and brain functional connectivity</i>
14:15 – 15:15	Derk-Jan Dijk, PhD, Surrey, United Kingdom Keynote Speaker <i>Light and the circadian regulation of the human sleep-wake cycle</i> Chair: Marijke Gordijn, PhD
15:15 – 15.30	Marijke Gordijn, PhD, President SLTBR (Harwood Room) <i>Student travel awards, poster awards, closing remarks</i>

Poster program

GMT	Thursday, June 23rd, 2022
17:00 – 17:45	Data blitz posters (<i>Harwood Room</i>)
17:45 – 20:30	Poster exhibition & welcome reception (<i>Barnes Wallis Room</i>) <i>Posters, wine, and cheese</i>

Circadian Rhythms and Psychiatric Disorders		Presenting Author
#01	Effects of acute light exposure at night on behaviour and neuronal activity in the lateral hypothalamus in the diurnal rodent <i>Rhabdomys pumilio</i>	<i>Mr Asshen Dedigama Acharige</i>
#02	Characterising the pupil response under different light conditions during an fMRI protocol	<i>Ms Islay Campbell</i>
#03	Dim light at night during pregnancy affects the rhythmicity of hormones and biochemical parameters of the rat pups in early postnatal ontogenesis	<i>Dr Zuzana Dzirbiková</i>
#04	How spatial patterns of visual scenes change rodents' behavioural states	<i>Ms Qian Huang</i>
#05	Non-visual effects of diurnal light exposure in humans: Meta-analyses	<i>Dr Ruta Lasauskaite</i>
#06	Therapeutic potential of bright daytime light exposure in Alzheimer's Disease Models	<i>Ms Ashwathi Prithviraj</i>
#07	Moved to oral	
#08	Usability and acceptability of corneal-plane α -opic dosimetry in a 24-hour field trial	<i>Dr Manuel Spitschan</i>

Translational Chronobiology Research		Presenting Author
#09	Comparison of academic achievements of students with different school shifts according to their chronotype	<i>Mr Yklym Bolmammedov</i>
#10	Influence of chronotype of people on antihypertensive therapy	<i>Mr Yklym Bolmammedov</i>
#12	Measuring effects of light exposure on activity, sleep and human performance	<i>Dr Altug Didikoglu</i>
#13	Can light affect functional brain connectivity? Investigating the effects of daytime light exposure with metamer light and EEG measures	<i>Ms Elifnaz Gecer</i>
#14	Modifying daytime light exposure in office workers through an app-based 'nudge' behavioural intervention: Acceptability and feasibility of a pilot randomised controlled trial	<i>Mr Jeevun Grewal</i>
#15	Office lighting and cognitive functions: can it be too bright?	<i>Dr Mirjam Münch</i>
#16	Daytime alertness, mood and cognition improved by supplementing sub-optimal ambient lighting with a high-melanopic illuminance task lamp	<i>Dr Shadab Rahman</i>

Circadian Rhythms and Psychiatric Disorders		Presenting Author
#17	Chronotherapy in adult ADHD: results from the PhASE study	<i>Ms Emma van Andel</i>
#18	Verification of the effect of a novel lighting source on circadian rhythmicity and mood of healthy volunteers	<i>Ms Kateřina Červená</i>
#19	The use of circadian markers as predictor of response in the treatment of depression – a systematic review	<i>Ms Stella Druiven</i>

Poster program

	Circadian Rhythms and Psychiatric Disorders	Presenting Author
#21	Seasonality of human sleep - I: Influence of individual melatonin levels in healthy subjects	<i>Dr Dieter Kunz</i>
#22	Seasonality of human sleep - II: PSG-data in neuropsychiatric sleep patients	<i>Dr Dieter Kunz</i>
#23	Impact of integrative lighting on seniors	<i>Dr Lenka Maierova</i>
#24	Salivary cortisol awakening response as predictor for depression severity	<i>Dr Klaus Martiny</i>
#25	Optimizing a dynamic lighting system in New Psychiatry Bispebjerg	<i>Dr Klaus Martiny</i>
#26	How do SCN neurons read the time of the day in diurnal and nocturnal rodents?	<i>Dr Patrycja Orłowska-Feuer</i>
#27	Lumos smart glasses and its effects of light therapy duration on mood, sleep and cognition	<i>Mr Lucas Tang</i>
#28	Timescale variation of daytime complaints associated with sleepiness and fatigue among patients suffering from obstructive sleep apnea and narcolepsy	<i>Ms Vaida Verhoef</i>
#29	Optimization, working mechanisms and response predictors of bright light therapy for depression - a randomized multicenter clinical trial	<i>Mrs Emma Visser</i>
#30	Chronotypes in the age of COVID-19: associations with social rhythms and psychological wellbeing over time	<i>Dr Lisa M. Wu</i>

Other topics		Presenting Author
#31	Sleep education in the elderly	<i>Ms Katarína Evansová</i>
#32	Light, activity and sleep in my daily life: design of an online intervention targeting changes to routines and the home	<i>Dr Kiran Maini Gerhardsson</i>
#33	Does the reduction of a short-wavelength light during the day impact human sleep?	<i>Ms Katarína Kováčová</i>
#34	Changes in circadian rhythmicity during COVID-19 pandemic lockdowns	<i>Ms Anna Sochůrková</i>
#35	The impact of short-wavelength reduction during the day on human sleepiness and reaction time	<i>Dr Katarína Stebelová</i>
#36	Light exposure of indoor and outdoor workers in different occupations	<i>Dr Ljiljana Udovicic</i>
#37	Clinical outcomes of light therapy in hospitalized patients – a systematic review	<i>Dr Anders West</i>
#38	Effects of temporal light modulation on workers' cognitive performance, mental workload and well- being	<i>Dr Andreas Wojtysiak</i>
#39	Three-dimensional unsupervised probabilistic pose reconstruction (3d-upper) for freely moving animals	<i>Dr Aghileh Ebrahimi</i>
#40	Look-up and look-down neurons in the mouse visual thalamus during freely moving exploration	<i>Dr Aghileh Ebrahimi</i>
#41	EnLIGHTen the depressed brain: functional and structural neural correlates before and after bright light therapy in depression	<i>Dr Oana Georgiana Rus-Oswald</i>

Awards

CENTER FOR
Environmental Therapeutics
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The poster prizes for the SLTBR 2022 Annual Meeting are sponsored by the Center for Environmental Therapeutics (CET), the nonprofit organization committed to public education and dissemination of promising advances in chronobiology and chronotherapeutics.

Each winner (3) will receive a \$200USD award at the meeting.

Visit cet.org to learn more!



Student Travel Award sponsors

Wiley/Journal of Pineal Research generously sponsors three student travel awards of \$200 each

Good Light Group generously sponsors one student travel award of \$200

Novolytix generously sponsors one student travel award of \$200

J. Christian Gillin Young Investigator Award 2022 (YIA) sponsor

Clocks & Sleep generously sponsors the J. Christian Gillin Young Investigator Award of \$500

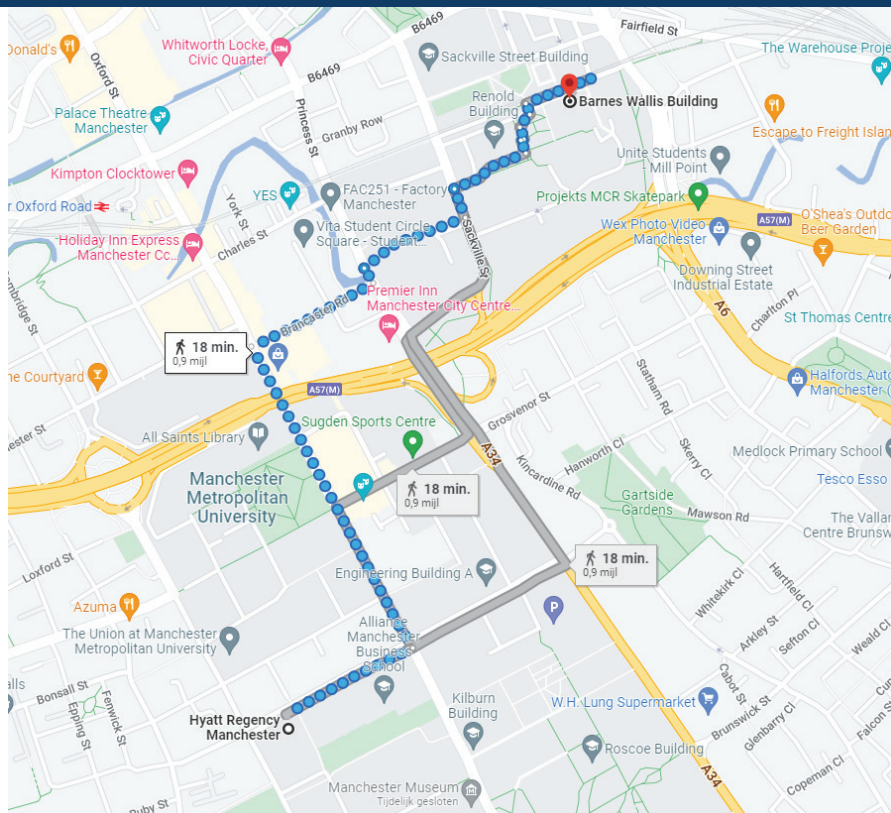


Example of walking route from
conference building (Barnes Wallis
building) to Hyatt Regency Hotel
(banquet)

SLTBR Banquet Dinner

Hyatt Regency Hotel
55 Booth Street West
Manchester M15 6PQ
The Bernstein Suite

Friday, June 24th at 18:30



Organising Committee

SLTBR President, 2020-2022

Marijke Gordijn, PhD

Christian Cajochen, PhD (VP)

Board of Directors

Dorothy Sit, MD

Mirjam Münch, PhD

John Gottlieb, MD

Katharina Wulff, PhD

Renske Lok, PhD

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