



PROGRAM: SLTBR Meeting 2012

June 24 – 27, 2012, Geneva, Switzerland

Location: Villa - Fondation Louis Jeantet,
Chemin Rieu 17, 1211 Geneva 17, Switzerland

Sunday, June 24th, 2012

16:00 - 18:00 SLTBR Board meeting

19:00 - 21:00 Welcome reception

Monday, June 25th, 2012

8:00 - 16:00 Registration

8:45 - 9:00 Welcome

*Panteleimon Giannakopoulos, Chair, Department of Psychiatry,
University of Geneva, Switzerland*

*Farhad Hafezi, Chair, Department of Ophthalmology, University of
Geneva, Switzerland, Chair of the Local Organising Committee*

Marc Hébert, Laval University, Quebec, Canada, President SLTBR

9:00 - 11:30 Symposium I: Light and chronotherapeutic approaches

Chair: Gilles Vandewalle, University of Liège, Belgium

*Co-chair: Eric Lainey, CENAS-Sleep Center, Geneva,
Switzerland*

9:00 - 9:30

Light as a modulator of executive and emotional brain functions

Gilles Vandewalle, University of Liège, Belgium

- 9:30 - 10:00 **Effects of morning light on cognitive performance, mood and melatonin during sleep restriction**
Antoine Viola, University of Basel, Switzerland
- 10:00 - 10:30 Coffee Break
- 10:30 - 11:00 **Blue light compared to standard light therapy in the treatment of SAD**
Ybe Meesters, University Medical Center Groningen, The Netherlands
- 11:00 - 11:30 **Synchronizing circadian clocks for cancer chronotherapeutics**
Francis Lévi, Inserm U776, Villejuif, France
- 11:30 - 13:00 Lunch
- 13:00 - 14:00 Oral Presentations I**
- Chair: Anna Wirz-Justice, University of Basel, Switzerland*
- 13:00 - 13:15 **Age-related effect of bright light exposure on circadian rhythms and cognitive performance**
Virginie Gabel, University of Basel, Switzerland
- 13:15 - 13:30 **Effects of bright light treatment on psychomotor speed in top level athletes: randomized, double-blind, placebo controlled Study**
Mikko P. Tulppo, University of Oulu, Finland
- 13:30 - 13:45 **Lighting countermeasures for the international space station**
George Brainard, Thomas Jefferson University, Philadelphia, USA
- 13:45 - 14:00 **Enhancing sleep in hospitals with patient room lighting**
Marina C. Giménez, Philips Research, Eindhoven, The Netherlands
- 14:00 - 15:30 Poster Session & Coffee break**
- Presenters are asked to remain in front of their poster. (Posters will stay up on Monday and Tuesday)*
- 15:30 - 17:00 Roundtable exchange among clinicians experienced with light therapy: problems, prospects, insights.**
- Chair: Michael Terman, Columbia University, New York, USA
Co-Chair: Panteleimon Giannakopoulos, University of Geneva, Switzerland*

Tuesday, June 26th, 2012

8:00 - 16:00 Registration and morning coffee break

9:00 - 11:30 Symposium II: Genetic Influence on biological rhythms

Chair: Kathryn A. Roecklein, University of Pittsburgh, USA

Co-chair: Christian Cajochen, University of Basel, Switzerland

9:00 - 9:30 **Genetics of biological rhythms in healthy populations--what are the implications for mood disorders?**

Namni Goel, University of Pennsylvania, Philadelphia, USA

9:30 - 10:00 **Melanopsin gene variations in the pupil light reflex in seasonal affective disorder**

Kathryn A. Roecklein, University of Pittsburgh, USA

10:00 - 10:30 **Association between melanopsin gene polymorphism and non-visual response to light**

Shigekazu Higuchi, Kyushu University, Fukuoka, Japan

10:30 - 11:00 **Human melatonin and alerting response to light depend on a polymorphism in the clock gene PER3**

Sarah L. Chellappa, University of Basel, Switzerland

11:00 - 11:30 **Shining light on the circadian clocks**

Urs Albrecht, University of Fribourg, Switzerland

11:30 - 13:00 Lunch

13:00 - 14:00 Keynote Speaker: The daily rhythms of genes, cells, and organs.

Ueli Schibler, University of Geneva, Switzerland

14:00 - 15:00 Oral Presentations II

Chair: Dan Oren, Yale University, New Haven, USA

14:00 - 14:15 **The gaseous messenger carbon monoxide is released from the eye into the ophthalmic venous blood depending on the intensity of sunlight**

Marek Kozirowski, University of Rzeszow, Poland

- 14:15 - 14:30 **Acute effect of wake therapy**
Klaus Martiny, University Hospital of Copenhagen, Denmark
- 14:30 - 14:45 **Effective connectivity between amygdala and anterior cingulate cortex predicts antidepressant response to sleep deprivation**
Francesco Benedetti, University Vita-Salute San Raffaele, Milan, Italy
- 14:45 - 15:00 **A non-clinical night setting for a treatment of major depression with chronotherapy in a small primary care psychology practice – an exploration**
Astrid L.G. van Jaarsveld, PHHaastrecht, Oudewater, The Netherlands
- 15:00 - 15:30 Coffee break
- 15:30 - 17:00 SLTBR Annual Business Meeting**
- 19:00 Annual Banquet (Villa - Fondation Louis Jeantet)**

Wednesday, June 27th, 2012

- 8:00 - 9:00 Registration and morning coffee
- 9:00 - 11:00 Symposium III: Impact of lighting environment on health and work safety**
Chair: Mirjam Münch, Swiss Federal Institute of Technology, Lausanne, Switzerland
Co-chair: Claude Gronfier, Inserm U846, Lyon, France
- 9:00 - 9:30 **Sleepiness and work (or other activities) during the night - severity, awareness and risk**
Torbjörn Akerstedt, Stockholm University, Sweden
- 9:30 - 10:00 **Indoor lighting conditions and the impact on visual and non-visual functions**
Mirjam Münch, Swiss Federal Institute of Technology, Lausanne, Switzerland
- 10:00 - 10:30 **Optimising the light environment for sleep, performance and circadian phase**
Josephine Arendt, University of Surrey, United Kingdom

- 10:30 - 11:00 **Exploration of 5 theses regarding effects of light and rhythm hygiene on health, sleepiness at work and sleep disorders at home**
Thomas C. Erren, University of Cologne, Germany
- 11:00 - 11:30 Coffee break
- 11:30 - 12:45 Oral Presentations III**
- Chair: Robert D. Levitan, University of Toronto, Canada*
Co-chair: George Brainard, Thomas Jefferson University, Philadelphia, USA
- 11:30 - 11:45 **Short-term changes in EEG brain states in response to different wavelengths of light during daytime**
Mirjam Münch, Swiss Federal Institute of Technology, Lausanne, Switzerland
- 11:45 - 12:00 **The relationship between sleep quality and preference for morning/evening, seasonality and activity levels in depressed patients with bipolar disorder**
Dorothy Sit, University of Pittsburgh, USA
- 12:00 - 12:15 **High maternal seasonality scores predict high body mass index in newborns**
Robert D. Levitan, University of Toronto, Canada
- 12:15 - 12:30 **Relationship of melatonin circadian phase to neurobehavioral vulnerability to sleep loss**
Namni Goel, University of Pennsylvania, Philadelphia, USA
- 12:30 - 12:45 **Molecular clock biomarkers predict light-dependent melatonin signaling in human subjects**
Steven A. Brown, University of Zurich, Switzerland
- 12:45 - 13:00 President's Closing Remarks**
- Marc Hébert, Laval University, Quebec, Canada*