



SLRCH
SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH

**Society for Light, Rhythms, and Circadian Health
36th Annual Meeting
Program**



June 13-16, 2025

Simmons University & Brigham and Women's Hospital, Boston, MA, USA

www.slrch.org

EDT	Simmons University
	Satellite Symposium International Association of Circadian Health Clinics (IACHC)
15:00 - 15:15	Check In
15:30 - 16:50	Practical Sessions Chairs: Delainey Wescott, MS & Manuel Spitschan, PhD
15:30 - 15:50	
15:50 - 16:10	
16:10 - 16:30	Jacqueline Lane, PhD, Brigham and Women’s Hospital and Harvard Medical School, Boston, USA <i>Self-directed, Fully-remote Circadian Phenotyping to Address the Needs of a Diverse Patient Population with Circadian Rhythm Disorders</i>
16:30 - 16:50	Melissa St. Hilaire, PhD, Merrimack College, North Andover, USA <i>Rise, Shine, and Simulate: An Intro to Circadian Modelling</i>
16:50 - 17:00	Coffee Break
17:00 - 17:30	Career Panel Chairs: Delainey Wescott, MS & Manuel Spitschan, PhD
17:00 - 17:30	Melissa St. Hilaire, PhD, Merrimack College, North Andover, USA & Olivia Walch, PhD, Arcascope, Arlington, USA
17:30 - 18:30	Socializing

EDT		Simmons University
08:00 - 09:00	Registration	
09:00 - 09:30	Welcome and Introduction Corrado Garbazza, MD, PhD	
09:30 - 10:30	Opening Invited Talks: Setting the Stage	Chair: Corrado Garbazza, MD, PhD
09:30 - 10:00	Michael Do, PhD, Boston Children's Hospital and Harvard Medical School, Boston, USA <i>Sensing Light for Circadian Regulation</i>	
10:00 - 10:30	Daniel Aeschbach, PhD, German Aerospace Center, Cologne, Germany <i>Oxygen Sensing and Circadian Timekeeping</i>	
10:30 - 11:00	Coffee Break	
11:00 - 12:15	Invited Symposium: Basic I	Chair: Louise Ince, PhD
11:00 - 11:25	Diego Fernandez, PhD, Cincinnati Children's Hospital Medical Center, Cincinnati, USA <i>Timekeeping in the brain: How circadian clocks and the environment shape mood</i>	
11:25 - 11:50	Laura Fonken, PhD, University of Texas, Austin, USA <i>Circadian Regulation of Neuroinflammation: Implications for Brain and Behavior</i>	
11:50 - 12:15	Ashley Ingjosi, PhD, Ohio State University, Columbus, USA <i>A Starring Role for Astrocytes in Sleep Regulation</i>	
12:15 - 13:15	Lunch Break (SLRCH Board Meeting)	
13:15 - 14:45	Oral Session I: Basic Research	Chair: Beatriz Bano-Otalora, PhD
14:45 - 15:15	Coffee Break	
15:15 - 16:15	Industry Symposium	
16:15 - 16:45	Early Career Keynote (by Award Winner)	
16:45 - 18:00	Data Blitz	
18:00 - 19:30	Reception and Poster Session	

EDT		Simmons University
09:00 - 10:30	Oral Session II: Translational Research	Chair: Rebecca Cox, PhD
10:30 - 11:00	Coffee Break	
11:00 - 12:15	Invited Symposium II: Translational Research	Chair: Renske Lok, PhD
11:00 - 11:25	Andrew McHill, PhD, Oregon Health & Science University, Portland, USA <i>Circadian Timing in the College Years and Implications for Health and Performance</i>	
11:25 - 11:50	Jeanne Duffy, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Aging, Sleep, and Circadian Rhythmicity</i>	
11:50 - 12:15	Jacqueline Lane, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Biological and Clinical Insights from Genetics of Circadian Rhythms</i>	
12:15 - 13:15	Lunch and Posters	
13:15 - 14:45	Invited Symposium III: Clinical Research/Circadian Medicine	Chair: Lisa Wu, PhD
13:15 - 13:40	Jessica Lunsford-Avery, PhD, Duke University, Durham, USA <i>Light Regularity and Sleep Patterns among Adolescents with ADHD</i>	
13:40 - 14:05	Stephanie Crowley, PhD, Rush University Medical Center, Chicago, USA <i>Circadian vs. Social Clocks: Using Light to Improve Sleep and Circadian Health of Teens</i>	
14:05 - 14:30	Marta Garaulet, PhD, University of Murcia, Murcia, Spain <i>Food Timing, Siesta, and Obesity: How Meal Schedules and Post-Meal Naps Influence body weight</i>	
14:30 - 15:15	Coffee Break	
		Brigham and Women's Hospital
15:15 - 16:15	Oral Session III: Clinical Research/Circadian Medicine	Chair: Ali Amidi, PhD
16:15 - 17:15	Keynote	
16:15 - 17:15	Charles A. Czeisler, PhD, MD, Director, Division of Sleep Medicine, Harvard Medical School and Chief, Division of Sleep and Circadian Disorders, Brigham and Women's Hospital, Boston, USA	
19:30 - 00:00	Gala Dinner	

EDT	Brigham and Women's Hospital	
09:00 - 10:00	SLRCH General Assembly	
10:00 - 11:30	Oral Session IV	Chair: John Hanifin, PhD
11:30 - 12:30	Lunch	
12:30 - 13:30	Year in Review	Chair: Corrado Garbazza, MD, PhD
12:30 - 12:45	Jonathan Lipton, MD, PhD, Boston Children's Hospital and Harvard Medical School, Boston, USA <i>Basic</i>	
12:45 - 13:00	Frank Scheer, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Translational</i>	
13:00 - 13:15	Milena Pavlova, MD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Clinical</i>	
13:15 - 13:30	Melissa St. Hilaire, PhD, Merrimack College, North Andover, USA <i>Modelling & Technology</i>	
13:30 - 14:00	Awards and Closing Remarks	

The SLRCH proudly collaborates with its 2025 industrial partners

