

Poster presentation instructions

Poster Specifications

1. Format and Size (24 x 36 inches or A1)

- **For U.S.-based participants:**

Please prepare your poster in 24 x 36 inches (Portrait orientation). This is the standard size for posters in the U.S.

- **For international participants:**

Please prepare your poster in A1 size (594 x 841 mm, Portrait orientation). This is the standard size in many other countries.

2. Content Sections

- **Introduction:** Background and objectives.
- **Methods:** Methodology or technology used.
- **Results:** Key findings with data and visuals.
- **Discussion:** Implications and contributions to the field.

Mounting and Display

Location: All poster displays will take place at The Fens, Simmons University, 300 Fenway, Boston, MA.

1. Mounting Instructions

- **Time:** Mount posters on 13 June (all day) or latest by 14 June before 08:50.
- **Duration:** Posters can remain displayed until Sunday 15 June, 15:00.
- **Removal:** Posters not removed after 15 June 15:00 will be discarded.

2. Materials Provided

- Mounting materials (painters tape) will be supplied.

Data Blitz and “Wine & Cheese” Poster Reception (14 June)

Location: Both the Data Blitz and the Poster Reception will take place at The Fens, Simmons University, 300 Fenway.

1. Data Blitz

- **Selection:** All poster submitters are invited to participate.
- **Time:** Saturday, 14 June, 16:45 - 18:00, before the "Wine & Cheese" Poster Reception.
- **Instructions:**
 1. **Objective:** Advertise your work to attract delegates to your poster for further discussion.
 2. **Duration:** 2-minute presentation.
 3. **Slide Preparation:** One PowerPoint slide (16:9 ratio) featuring:
 - Abstract title
 - Up to four figures
 - Minimal text
 - No animations
 - [Click here to download the template.](#)

4. **RSVP and Submission:** Confirm your Data Blitz participation and email your slide to contact.slrch@gmail.com by 2 June 2025.
2. **Wine & Cheese Poster Reception**
 - **Time:** Saturday, 14 June from 18.00 - 19:30.
 - **Presence:** Authors must be present at their posters to explain their work and answer questions.

Awards and Judging

1. **Poster Judging**
 - **Evaluation:** A committee will judge the abstracts and posters.
 - **Awards:** The best posters will receive a Poster Award of \$250 each.
2. **Sponsors**
 - Poster Awards are sponsored by Center for Environmental Therapeutics (CET), Daylight Academy, GEXval, and F.Lux.
3. **Award Ceremony**
 - **Presentation:** Awards will be presented during the Closing Ceremony on Monday, 16 June, at 13:30.

Additional Tips for a Successful Presentation

1. **Design and Layout**
 - Use a clear, readable font and logical layout.
 - Ensure high-quality visuals (graphs, images).
 - Consider adding a QR code to your poster linking to your abstract, contact information, or supplementary materials.
2. **Engagement**
 - Be ready to give a brief overview and engage in discussions.
 - Authors must be present during the Poster Reception, but it is also strongly encouraged to be available near your poster during other breaks or poster viewing times to maximize visibility and networking opportunities.
 - Network with researchers, clinicians, and industry leaders.

Abstract Publication

- Abstracts will be published in the online [Clocks & Sleep journal of MDPI](#) after the conference.
- Should you prefer **NOT** to have your abstract published in the MDPI journal, please inform us via contact.slrch@gmail.com