



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	
Tbd	Satellite Symposium IACHC
Simmons University, Kotzen Room	
15:00 - 15:30	Registration
15:30 - 16:50	Practical Sessions Chair: Delainey Wescott, MS
15:30 - 15:50	Janis L. Anderson, PhD, Harvard Medical School and Brigham & Women's Hospital, Boston, USA and Rana Sagha Zadeh, PhD, MArch, Assoc Prof, Cornell University, Ithaca, USA <i>Building on Our Discoveries</i>
15:50 - 16:10	<i>TBD</i>
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 Chair: Delainey Wescott, MS
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, LKP Room
08:00 - 09:00	Registration	
09:00 - 09:30	Welcome and Introduction - Corrado Garbaza, MD, PhD	
09:30 - 10:30	Opening Invited Talks: Setting the Stage	Chair: Corrado Garbaza, 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 Ingiosi, 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)	

EDT		Simmons University, LKP Room
13:15 - 14:45	Oral Session I: Clinical Research/Circadian Medicine	Chair: Ali Amidi, PhD
13:15 - 13:30	Alisha Guyett, PhD, Flinders University, Adelaide, Australia <i>Individual Differences in Light Response Predict Adjustment to Night Shift Work</i>	
13:30 - 13:45	Mirjam Münch, PhD, University of Basel, Basel, Switzerland <i>Personalized Multimodal Circadian Intervention Study in Older Adults with Poor Sleep Quality</i>	
13:45 - 14:00	Heidi Lammers-van der Holst, PhD, Erasmus University Medical Center, Rotterdam, The Netherlands <i>PerfectFit@Night: An Intervention to Enhance Sleep, Fatigue, and Recovery for Healthcare Shift Workers</i>	
14:00 - 14:15	Delainey Wescott, PhD, University of Pittsburgh, Pittsburgh, USA <i>Effects of an Integrated Sleep and Circadian Intervention on Reward Sensitivity and Impulsivity Metrics in Adolescents with Delayed Sleep Timing</i>	
14:15 - 14:30	Rina Taniguchi, PhD, Okehazama Hospital, Nagoya, Japan <i>Light Exposure at Night and Obesity in Individuals with Schizophrenia: A Cross-Sectional Analysis of the LENS Study</i>	
14:30 - 14:45	Rebecca Cox, PhD, Washington University, St. Louis, USA <i>Associations Between Personal Light Exposure and Circadian Melatonin Phase in Young Adults with Obsessive-Compulsive Disorder</i>	
14:45 - 15:15	Coffee Break	
15:15 - 16:15	Industry Symposium	
16:15 - 16:45	Early Career Keynote (by Award Winner)	Chair: Louise Ince, PhD
16:15 - 16:45	Pablo Bonilla Villamil, PhD, University of South Carolina, Columbia, USA <i>Evening Blue Light Exposure During Adolescence Induces Avoidance Behaviors and Rewires Medial Amygdala Circuit</i>	
16:45 - 18:00	Data Blitz	Chair: Louise Ince, PhD
18:00 - 19:30	Reception and Poster Session	

EDT		Simmons University, LKP Room
09:00 - 10:30	Oral Session II: Translational Research	Chair: Rebecca Cox, PhD
09:00 - 09:15	George Brainard, PhD, Thomas Jefferson University, Philadelphia, USA <i>Ground and Flight Studies Testing the Visual and Physiological Effects of Tunable LED Lighting for the International Space Station (ISS)</i>	
09:15 - 09:30	Chloe Roddis, MS, University of Manchester, Manchester, UK <i>A Naturalistic Light Monitoring Study Identifies Correlations Between Acute Light Exposure and Positive Mood</i>	
09:30 - 09:45	Laura Kervezee, PhD, Leiden University Medical Center, Leiden, The Netherlands <i>Age and Sex Modulate the Relationship Between the Melanopsin-Mediated Pupillary Response and Chronotype: A Science Museum-Based Observational Study</i>	
09:45 - 10:00	Shadab Rahman, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Impact of Circadian Adaptation on Sleep Architecture and Neurobehavioural Performance in Simulated Shiftwork</i>	
10:00 - 10:15	Jan de Zeeuw, PhD, Charité, Berlin, Germany <i>Living in Biological Darkness III: Low-Level Morning Lighting Affects Depression Markers in Healthy Participants</i>	
10:15 - 10:30	Levent Sahin, PhD, Head of Research, New York, United States <i>Enhancing Alertness in Shift Work: Effects of Lighting in Simulated Dispatch Environments</i>	
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	

EDT		Simmons University, LKP Room
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, Bornstein Amphitheatre		
15:15 - 16:15	Oral Session III: Basic Research	Chair: Beatriz Bano-Otalora, PhD
15:15 - 15:30	Raymond Noordam, PhD, Leiden University Medical Center, Leiden, The Netherlands <i>Daily Rhythmicity in Protein Levels and Atherosclerotic Cardiovascular Disease: An Epidemiological Cohort Study in UK Biobank</i>	
15:30 - 15:45	Paul Volkmann, MD, Oxford University, Oxfordshire, UK <i>Circadian Clocks Control Neuronal Activity Rhythms Across Time Scales Within and Between Brain Areas</i>	
15:45 - 16:00	Ismaeel Adeniyi, PhD, Rutgers University, Piscataway, USA <i>Gestational Circadian Rhythm Disruption by a "Short Day" Light Cycle Engenders Autistic-Like Behavioral Changes in the Offspring Exacerbated by High-Fat Diet</i>	
16:00 - 16:15	Brandy Routh, MS, University of Texas, Austin, USA <i>The Microglial Clock Contributes to Sex-Specific Changes in Neurodevelopment</i>	
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, Bornstein Amphitheatre	
09:00 - 10:00	SLRCH General Assembly	Chair: Corrado Garbazza, MD, PhD
10:00 - 11:30	Oral Session IV: Mixed	Chair: John Hanifin, PhD
10:00 - 10:15	Philip Cheng, PhD, Henry Ford Health & Michigan State University Health Sciences, East Lansing, USA <i>Use of Apple Watch to Optimize Light Therapy and Reduce Circadian Misalignment for Night Shift Workers</i>	
10:15 - 10:30	Oliver Stefani, PhD, Lucern University of Applied Sciences and Arts, Lucern, Switzerland <i>Real-World Light Exposure and Chronotype: Insights From Wearable Near-Corneal Sensors</i>	
10:30 - 10:45	Mark Czeisler, PhD, Harvard Medical School, Boston, USA <i>Regularity of Sleep-Wake Timing and Risk of New-Onset Heart Rhythm Disorders: A Pre-Registered, Prospective Analysis of 69,725 UK Biobank Participants</i>	
10:45 - 11:00	Angus Burns, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA <i>Sleep Inertia Is a Biomarker of Circadian Misalignment and Drives the Association of Evening Chronotype With Psychiatric Disorders</i>	
11:00 - 11:15	Shigekazu Higuchi, PhD, Kyushu University, Fukuoka, Japan <i>Ethnic Differences in Pupillary Light Response Mediated by Intrinsically Photosensitive Retinal Ganglion Cells</i>	
11:15 - 11:30	Louise Ince, PhD, University of Texas, Austin, USA <i>Microglia-Specific Knockdown of the Circadian Clock Gene Bmal1 Increases Motility and Reduces Anxiety-Like Behavior in Mice</i>	
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

