



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

INTERNATIONAL ASSOCIATION FOR CIRCADIAN HEALTH CLINICS SYMPOSIUM (IACHC)*

Brigham and Women's Hospital - Bornstein Family Amphitheater

09:05 - 15:00

Satellite Symposium IACHC ([Click to view program](#))

Advancing Clinical Practice: Integrating Circadian Medicine into Patient Care and Treatment

**Requires separate registration ([Click to Register](#))*

SLRCH - TRAINEE DAY

Simmons University - Kotzen Room

15:00 - 15:30

Registration

15:30 - 16:45

Practical Sessions

Chair: Delainey Wescott, MS

15:30 - 15:55

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
Building on Our Discoveries

15:55 - 16:20

Jacqueline Lane, PhD, Brigham and Women's Hospital and Harvard Medical School, Boston, USA
Self-directed, Fully-remote Circadian Phenotyping to Address the Needs of a Diverse Patient Population with Circadian Rhythm Disorders

16:20 - 16:45

Melissa St. Hilaire, PhD, Merrimack College, North Andover, USA
Rise, Shine, and Simulate: An Intro to Circadian Modelling

16:45 - 17:00

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

36TH ANNUAL MEETING DAY 1

Simmons University - LKP Room (Third Floor)

(Lunch)Breaks & Poster Reception - The Fens (Ground Floor)

08:30 - 09:15	Registration
09:15 - 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	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 and Posters

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	Break	
15:15 - 16:15	Industry Symposium	Chairs: Mirjam Münch, PhD and Shadab Rahman, PhD
15:15 - 16:15	Industry Symposium featuring SLRCH2025 Partners	
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 - 17:30	Data Blitz	Chair: Louise Ince, PhD
17:30 - 18:30	Reception and Poster Session @ The Fens	

36TH ANNUAL MEETING DAY 2

Simmons University (09:00 - 14:30) LKP Room - Third Floor

(Lunch)Breaks - The Fens (Ground Floor)

Brigham and Women's Hospital (15:15 - 17:15) Bornstein Family Amphitheater

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	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 - 14:30	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	Break and walk to Brigham and Women's Hospital	
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	Ismaheel 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	Chair: Corrado Garbaza, MD, PhD
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 <i>Impact of Exposure to Natural and Artificial Light on Human Health</i>	
19:30 - 23:30	Gala Dinner @ Simmons University - LKP Room	

36TH ANNUAL MEETING DAY 3

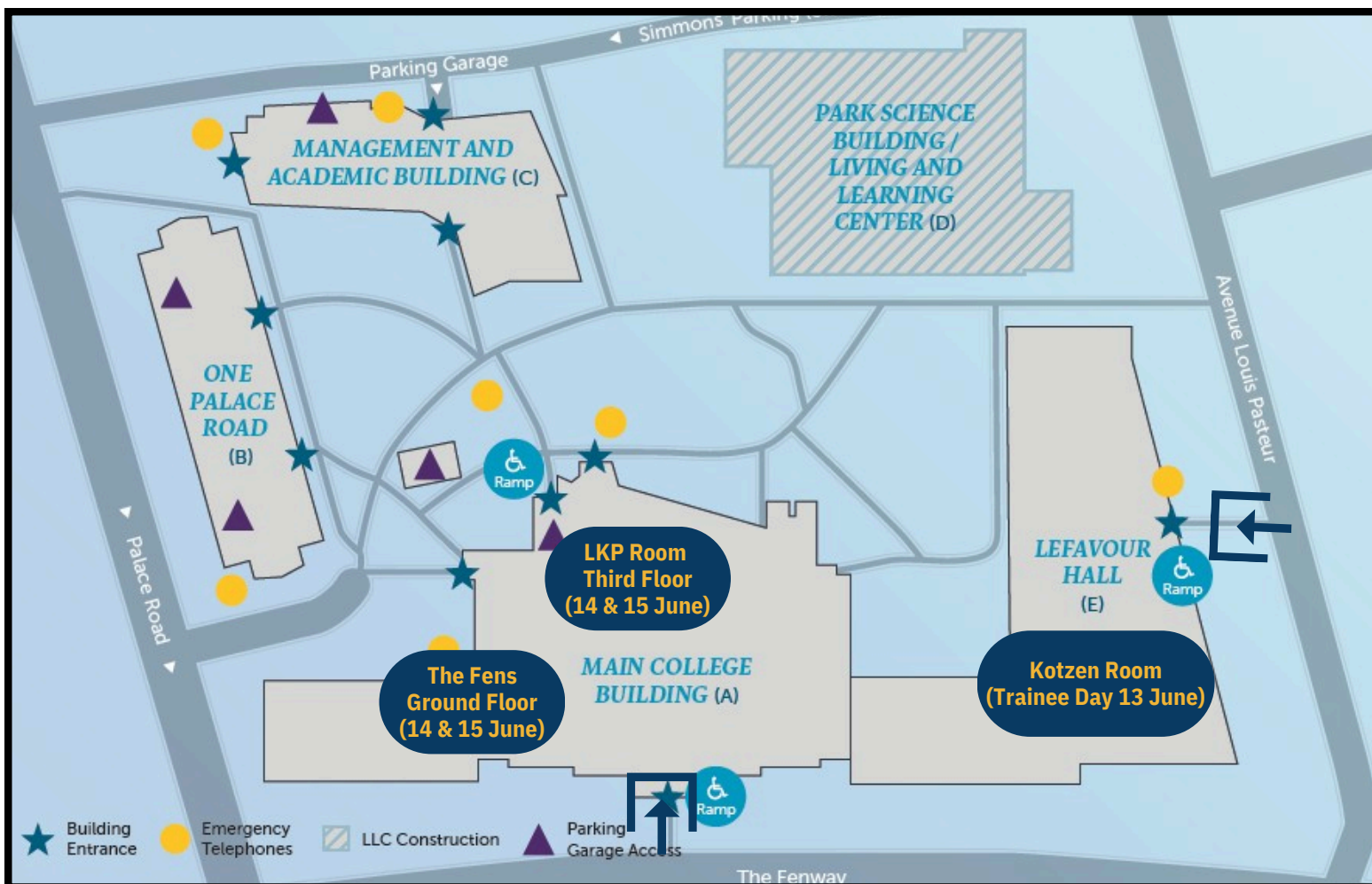
Brigham and Women's Hospital - Bornstein Family Amphitheater

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	

	Title	Presenting Author
#1	The Effect of Exercise Timing on Insomnia and Sleep Quality: Evidence from the ON TIME Study	Gali Albalak
#2	Temporal Dynamics of Circadian Rhythms and Sleep-Wake Patterns in Breast Cancer: From Diagnosis to 12-Month Follow-Up	Ali Amidi
#3	Brighter Days Reduce Circadian Photosensitivity to Light at Night in a Diurnal Rodent	Beatriz Bano Otalora
#4	Sleep Duration Is Associated With the Timing of Sleep Onset, Not the Duration of Prior Wakefulness: An Analysis of ~450,000 Sleep-Wake Episodes	Angus Burns
#5	Wearable Light Dosimeter With RGB Sensors: A Data-Driven Approach to Determine Melanopic EDI for Daylight Measures	Gunnar Deuring
#6	Circadian Variation in Metabolic Responses to Meal Timing: Characterizing the 24-Hour Profile of Triglycerides, Remnant Cholesterol, and Glucose in Healthy Adults	Leilah Grant
#7	The Life on Mars Protocol: Exploring the Impact of Clock Time Perception on Circadian Rhythms	Alisha Guyett
#8	Optimizing Tunable Lighting for Human Health	John Hanifin
#9	Associations Between Light Exposure and Cognitive Performance in the Multi-Ethnic Study of Atherosclerosis (MESA)	Runpeng Hu
#10	Shift and Longtime Light Induce Endometrioid Adenocarcinoma in the Female Golden Hamster	Sanjeev Kumar Yadav
#11	Sleep and Circadian Genetic Clusters Reveal Divergent Clinical Profiles in Bipolar Disorder: Evidence From Phenome-Wide Association and Trait Characterization	Lovemore Kunorozva
#12	The Impact of a Personalized Sleep Intervention on Shift Workers: Improved Subjective Sleep Without Objective Changes	Heidi Lammers - van der Holst
#13	Post-Stroke Sleep and Circadian Disturbances: Experiences, Strategies, and Needs	Stephen Lau
#14	Causal Influence of Daytime Sunlight on Sleep Architecture and Next-Day Alertness	Renske Lok

Title		Presenting Author
#15	Daylight and its Variations: Species-Specific Mapping and Mimicry with Two Wavelengths	Philippe Morquette
#16	The Future of Circadian Research: Evaluating Chat GPT’s Ability to Distill Data on the Diagnosis & Treatment of Advanced and Delayed Sleep-Wake Phase Disorder	Ebele Okafor
#17	Objective Prediction of Siesta Based on Machine Learning and Association With Obesity	Maria Rodriguez
#18	Learning to Sleep: Evaluating the Impact of a Sleep and Circadian Rhythms Course on College Student Sleep Health	Arianna Sanchez
#19	Dynamics and Ultradian Structure of Sleep in Patients with Seasonal Depression	Melissa St. Hilaire
#20	Alertness Optimization for Shift Workers Using a Physiology-based Mathematical Model	Zidi Tao
#21	SUNSHINE – Light Exposure and Sleep-Wake Patterns in Parents of Infants between Three and Nine Months Old	Emma Visser
#22	Longitudinal Associations Between Circadian Rhythms and Cancer-Related Symptoms in Breast Cancer Patients	Lisa Wu
#23	Effect of Three Weeks of Chronic Circadian Disruption Combined With Sleep Restriction on Heart Rate Variability in Healthy Young Adults	Robin Yuan

Simmons University Campus Map



**LKP Room & The Fens
Main College Building (A)**
Entrance: 300 Fenway

**Kotzen Room
Le Favour Hall (E)**
Entrance: 2 Avenue Louis
Pasteur

Directions

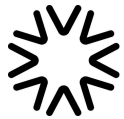


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Questions?
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