



SLRCH

SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH

**SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH
37TH ANNUAL MEETING
PROGRAM**



11 - 13 SEPTEMBER, 2026

UNIVERSITY OF MILAN, LA STATALE

WWW.SLRCH.ORG

EARLY CAREER SESSION

08:15 - 09:00	Registration Early Career
09:00 - 10:30	ECI Session 1
10:30 - 11:00	Break
11:00 - 12:00	ECI Session 2
12:00 - 13:00	Lunch & ECI Social

ANNUAL MEETING

12:00 - 13:00	Registration 37th Annual Meeting
13:00 - 13:30	Welcome & Introduction: Society for Light, Rhythms, and Circadian Health Dr. Corrado Garbaza (Centre for Chronobiology UPK Basel & Canton Hospital of Graubünden, CH) & Dr. Annamaria Cattaneo, University of Milan, IT)
13:30 - 14:00	Introductory Talk: International Society for Affective Disorders
14:00 - 14:30	Introductory Talk: International Society for Bipolar Disorders Dr. Tone Henriksen (Valen Hospital, Bergen, NO)
14:30 - 15:00	Break
15:00 - 16:15	Circadian Pathways in Mental Health and Insomnia Dr. Daniel Smith (UK Circadian Mental Health Network, UK) Dr. Laura Palagini (University Hospital of Pisa, IT)
16:15 - 16:30	Break
16:30 - 17:00	ECI Keynote: ECI Award Winner
17:00 - 17:30	Data Blitz
17:30 - 19:30	Reception & Posters

09:00 - 10:30	Oral Session 1 (6 talks selected from abstracts)
10:30 - 11:15	Break & Posters
11:15 - 12:00	Industry Symposium
12:00 - 12:45	Lunch & Sponsors
12:45 - 14:15	Oral Session 2 (6 talks selected from abstracts)
14:15 - 15:00	Break & Posters
15:00 - 16:15	Circadian Health Across the Lifespan Dr. Sarah England (Washington University in St. Louis, US) Dr. Taisuke Eto (Max Planck Institute for Biological Cybernetics, GE)
16:15 - 16:30	Break
16:30 - 17:30	Keynote Dr. Marijke Gordijn (University of Groningen, NL)
19:00 - Late	Conference Dinner

09:00 - 10:00	Members Meeting
10:00 - 10:45	Break & Posters
10:45 - 12:00	Data, Devices, and Drug Timing: Innovations in Chronotherapy Dr. Eva Winnebeck (University of Surrey, UK)
12:00 - 12:45	Lunch & Sponsors
12:45 - 14:15	Oral Session 3 (6 talks selected from abstracts)
14:15 - 15:00	Break
15:00 - 16:00	Year in Review
16:00 - 16:30	Awards & Closing Remarks

17:45 – 20:30



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