



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. Ryan Logan (University of Massachusetts Chan Medical School, 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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