



# 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

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## 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	<b>Welcome &amp; Introduction: Society for Light, Rhythms, and Circadian Health</b> Dr. Corrado Garbaza (Centre for Chronobiology UPK Basel & Canton Hospital of Graubünden, CH) & Dr. Annamaria Cattaneo, University of Milan, IT)
13:30 - 14:00	
14:00 - 14:30	<b>Introductory Talk: International Society for Bipolar Disorders</b> Dr. Tone Henriksen (Valen Hospital, Bergen, NO)
14:30 - 15:00	Break
15:00 - 16:15	<b>Circadian Pathways in Mental Health and Insomnia</b> 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

<b>09:00 - 10:30</b>	<b>Oral Session 1</b> (6 talks selected from abstracts)
<b>10:30 - 11:15</b>	<b>Break &amp; Posters</b>
<b>11:15 - 12:00</b>	<b>Industry Symposium</b>
<b>12:00 - 12:45</b>	<b>Lunch &amp; Sponsors</b>
<b>12:45 - 14:15</b>	<b>Oral Session 2</b> (6 talks selected from abstracts)
<b>14:15 - 15:00</b>	<b>Break &amp; Posters</b>
<b>15:00 - 16:15</b>	<b>Circadian Health Across the Lifespan</b> 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)
<b>16:15 - 16:30</b>	<b>Break</b>
<b>16:30 - 17:30</b>	<b>Keynote</b> Dr. Marijke Gordijn (University of Groningen, NL)
<b>19:00 - Late</b>	<b>Conference Dinner</b>

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

17:45 – 20:30



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