



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 MEETING

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| 08:30 - 09:00 | Registration Early Career Day |
| 09:00 - 09:15 | ECI Day: Opening Remarks |
| 09:15 - 09:30 | Group Brainstorm |
| 09:30 - 10:30 | Innovative Ways to do Light, Rhythms, and Circadian Health Research |
| 09:30 - 09:45 | Dr. Laura Kervezee (Leiden University Medical Center, NL) <i>Science in the Museum: Conducting Light and Circadian Research in a Real-World Setting</i> |
| 09:45 - 10:00 | Dr. Manuel Spitschan (Technical University of Munich, GE) |
| 10:00 - 10:15 | Dr. Amy Ferguson (University of Edinburgh, UK) |
| 10:15 - 10:30 | Panel Discussion |
| 10:30 - 11:00 | Break |
| 11:00 - 12:00 | How to Access and Use Large Datasets |
| 11:00 - 11:15 | Dr. Eva Winnebeck (University of Surrey, UK) |
| 11:15 - 11:30 | Dr. Renske Lok (University of Colorado Boulder, US) |
| 11:30 - 11:45 | Dr. Altug Didikoglu (Izmir Institute of Technology, TR) |
| 11:45 - 12:00 | Discussion |
| 12:00 - 13:00 | Lunch & ECI Social |

ANNUAL MEETING

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| 12:30 - 13:00 | Registration 37th Annual Meeting |
| 13:00 - 13:30 | Welcome & Introduction: Society for Light, Rhythms, and Circadian Health Dr. Corrado Garbazza (Centre for Chronobiology UPK Basel & Canton Hospital of Graubünden, CH) Dr. Annamaria Cattaneo (University of Milan, IT) |
| 13:30 - 14:00 | Introductory Talk: Sleep & Circadian Rhythms in the ICU and Delirium, Pulmonary Medicine Dr. Melissa Knauert (Yale School of Medicine, US) |
| 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 |
| 15:00 - 15:25 | Dr. Daniel Smith (UK Circadian Mental Health Network, UK) |
| 15:25 - 15:50 | Dr. Luigi Ferini-Strambi (Vita-Salute San Raffaele University, IT) |
| 15:50 - 16:15 | 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 |

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| 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 |
| 15:00 - 15:25 | Dr. Sarah England (Washington University in St. Louis, US) |
| 15:25 - 15:50 | Dr. Ryan Logan (University of Massachusetts Chan Medical School, US) <i>Sleep and Circadian Dysfunction in Depression and Addiction Disorders</i> |
| 15:50 - 16:15 | 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) <i>Light and Rhythms: Pillars of a Healthy Lifestyle</i> |
| 19:00 - Late | Conference Dinner |

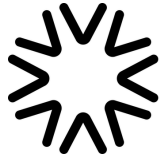
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| 09:00 - 10:00 | Members Meeting |
| 10:00 - 10:45 | Break & Posters |
| 10:45 - 12:00 | Data, Devices, and Drug Timing: Innovations in Chronotherapy |
| 10:45 - 11:10 | Dr. Timo Partonen (Finnish Institute for Health and Welfare, FI) |
| 11:10 - 11:35 | Dr. Eder Zavala (University of Manchester, UK) |
| 11:35 - 12:00 | 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 |



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