



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

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) <i>Mental Health and The Body Clock: A Priority Setting Partnership</i>
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) <i>Accessing and Analysing Big Datasets as a Scientist Trained on Small Samples: Successes and Failures</i>
11:15 - 11:30	Dr. Renske Lok (University of Colorado Boulder, US) <i>Big Data: Navigating the Dos, Don'ts, and Delights</i>
11:30 - 11:45	Dr. Altug Didikoglu (Izmir Institute of Technology, TR) <i>MeLiDos: Harmonised, Open Multicentre Measurements Reveal Geographic and Behavioural Diversity in Free-Living Personal Light Exposure</i>
11:45 - 12:00	Discussion
12:00 - 13:00	Lunch & ECI Social

ANNUAL MEETING

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	Prof. Daniel Smith (University of Edinburgh, UK) <i>The UK Circadian Mental Health Research Network: Activities and Outputs</i>
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

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) <i>Exploring the Relationship Between Maternal Sleep Activity and Preterm Birth</i>
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) <i>Age-Dependent Differences in Ocular Characteristics: Implications for Lighting from a Circadian Perspective</i>
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

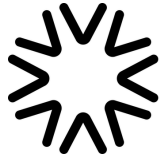
09:00 - 10:00	Members Meeting
10:00 - 10:45	Break & Posters
10:45 - 12:00	Data, Devices, and Drug Timing: Innovations in Chronotherapy
10:45 - 11:10	Dr. Timo Partonen (Finnish Institute for Health and Welfare, FI) <i>SAD and Beyond, Visible Light and Beyond</i>
11:10 - 11:35	Dr. Eder Zavala (University of Manchester, UK) <i>Computational Approaches to Neuroendocrine Timing and Wearable Devices</i>
11:35 - 12:00	Dr. Eva Winnebeck (University of Surrey, UK) <i>Mapping the Conflict Between Social Time and Sun Time: Sleep Patterns from a Large Wearable Data Donation Project Confirm Spatiotemporal Solar Influences Year-Round</i>
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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