



**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](http://WWW.SLRCH.ORG)**

## EARLY CAREER MEETING

<b>08:30 - 09:00</b>	<b>Registration Early Career Day</b>
<b>09:00 - 09:15</b>	<b>ECI Day: Opening Remarks</b>
<b>09:15 - 09:30</b>	<b>Group Brainstorm</b>
<b>09:30 - 10:30</b>	<b>Innovative Ways to do Light, Rhythms, and Circadian Health Research</b>
<b>09:30 - 09:45</b>	<b>Dr. Laura Kervezee (Leiden University Medical Center, NL)</b> <i>Science in the Museum: Conducting Light and Circadian Research in a Real-World Setting</i>
<b>09:45 - 10:00</b>	<b>Dr. Manuel Spitschan (Technical University of Munich, DE)</b> <i>Beyond the Laboratory: Roadshows, Partnerships, and Translation in Circadian Science</i>
<b>10:00 - 10:15</b>	<b>Dr. Amy Ferguson (University of Edinburgh, UK)</b> <i>Mental Health and The Body Clock: A Priority Setting Partnership</i>
<b>10:15 - 10:30</b>	<b>Panel Discussion</b>
<b>10:30 - 11:00</b>	<b>Break</b>
<b>11:00 - 12:00</b>	<b>How to Access and Use Large Datasets</b>
<b>11:00 - 11:15</b>	<b>Dr. Eva Winnebeck (University of Surrey, UK)</b> <i>Accessing and Analysing Big Datasets as a Scientist Trained on Small Samples: Successes and Failures</i>
<b>11:15 - 11:30</b>	<b>Dr. Renske Lok (University of Colorado Boulder, US)</b> <i>Big Data: Navigating the Dos, Don'ts, and Delights</i>
<b>11:30 - 11:45</b>	<b>Dr. Altug Didikoglu (Izmir Institute of Technology, TR)</b> <i>MeLiDos: Harmonised, Open Multicentre Measurements Reveal Geographic and Behavioural Diversity in Free-Living Personal Light Exposure</i>
<b>11:45 - 12:00</b>	<b>Discussion</b>
<b>12:00 - 13:00</b>	<b>Lunch &amp; ECI Social</b>

## ANNUAL MEETING

<b>12:30 - 13:00</b>	<b>Registration 37th Annual Meeting</b>
<b>13:00 - 13:30</b>	<b>Welcome &amp; Introduction: Society for Light, Rhythms, and Circadian Health</b> Dr. Corrado Garbazza (Centre for Chronobiology UPK Basel & Canton Hospital of Graubünden, CH) Dr. Annamaria Cattaneo (University of Milan, IT)
<b>13:30 - 14:00</b>	<b>Introductory Talk: Sleep &amp; Circadian Rhythms in the ICU and Delirium, Pulmonary Medicine</b> Dr. Melissa Knauert (Yale School of Medicine, US)
<b>14:00 - 14:30</b>	<b>Introductory Talk: International Society for Bipolar Disorders</b> Dr. Tone Henriksen (Valen Hospital, Bergen, NO)
<b>14:30 - 15:00</b>	<b>Break</b>
<b>15:00 - 16:15</b>	<b>Circadian Pathways in Mental Health and Insomnia</b>
<b>15:00 - 15:25</b>	<b>Prof. Daniel Smith (University of Edinburgh, UK)</b> <i>The UK Circadian Mental Health Research Network: Activities and Outputs</i>
<b>15:25 - 15:50</b>	<b>Dr. Luigi Ferini-Strambi (Vita-Salute San Raffaele University, IT)</b>
<b>15:50 - 16:15</b>	<b>Dr. Laura Palagini (University Hospital of Pisa, IT)</b>
<b>16:15 - 16:30</b>	<b>Break</b>
<b>16:30 - 17:00</b>	<b>ECI Keynote: ECI Award Winner</b>
<b>17:00 - 17:30</b>	<b>Data Blitz</b>
<b>17:30 - 19:30</b>	<b>Reception &amp; Posters</b>

<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>
<b>15:00 - 15:25</b>	<b>Dr. Sarah England (Washington University in St. Louis, US)</b> <i>Exploring the Relationship Between Maternal Sleep Activity and Preterm Birth</i>
<b>15:25 - 15:50</b>	<b>Dr. Ryan Logan (University of Massachusetts Chan Medical School, US)</b> <i>Sleep and Circadian Dysfunction in Depression and Addiction Disorders</i>
<b>15:50 - 16:15</b>	<b>Dr. Taisuke Eto (Max Planck Institute for Biological Cybernetics, DE)</b> <i>Age-Dependent Differences in Ocular Characteristics: Implications for Lighting from a Circadian Perspective</i>
<b>16:15 - 16:30</b>	<b>Break</b>
<b>16:30 - 17:30</b>	<b>Keynote: Dr. Marijke Gordijn (University of Groningen, NL)</b> <i>Light and Rhythms: Pillars of a Healthy Lifestyle</i>
<b>19:00 - Late</b>	<b>Conference Dinner</b>

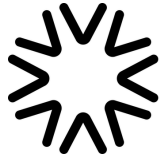
<b>09:00 - 10:00</b>	<b>Members Meeting</b>
<b>10:00 - 10:45</b>	<b>Break &amp; Posters</b>
<b>10:45 - 12:00</b>	<b>Data, Devices, and Drug Timing: Innovations in Chronotherapy</b>
<b>10:45 - 11:10</b>	<b>Dr. Timo Partonen (Finnish Institute for Health and Welfare, FI)</b> <i>SAD and Beyond, Visible Light and Beyond</i>
<b>11:10 - 11:35</b>	<b>Dr. Eder Zavala (University of Manchester, UK)</b> <i>Computational Approaches to Neuroendocrine Timing and Wearable Devices</i>
<b>11:35 - 12:00</b>	<b>Dr. Eva Winnebeck (University of Surrey, UK)</b> <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>
<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>



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