



Venue:

IRCCS San Raffaele Turro,
via Stamira d'Ancona 20, 20127 Milano

Thursday, 10 September 2026, 16:00-19:15

Chronotherapeutics in Clinical Psychiatry

Chair

Francesco Benedetti, Cristina Colombo
Università Vita-Salute San Raffaele
IRCCS Ospedale San Raffaele, Milano

Scientific Coordination

Francesco Attanasio
Università Vita-Salute San Raffaele

Program

- 16:00-16:10
Welcome and opening remarks
Francesco Benedetti / Barbara Barbini / Francesco Attanasio
Università Vita-Salute San Raffaele
IRCCS Ospedale San Raffaele, Milano
- 16:10-16:30
Anna Wirz-Justice
University of Basel, Switzerland
Chronotherapeutics: book presentation and historical perspective
- 16:30-17:00
Tone Henriksen and Barbara Barbini
Valen Hospital, Bergen, Norway
IRCCS Ospedale San Raffaele, Milano
Chronotherapeutics to treat bipolar mania



- 17:00-17:15
Carlotta Schneider
University Hospital Geneva, Switzerland
SLEEPexpert: an insomnia treatment program for clinical practice
- 17:15-17:30
Christoph Nissen
University Hospital Geneva, Switzerland
Auditory closed-loop modulation of slow-wave sleep to treat major depressive disorder
- 17.30-17.50 Klaus Martiny
University of Copenhagen, Copenhagen, Denmark
Dynamic lighting at inpatient affective disorders wards
- 17.50-18.05 Chiara Verga
IRCCS Ospedale San Raffaele, Milano
Antidepressant chronotherapeutics restores functional brain homeostasis
- 18:05-18.20 Coffee break / informal discussion
- 18:20-18.35
Francesco Attanasio
Università Vita-Salute San Raffaele
Feasibility of chronotherapeutics: a better way to exploit limited financial resources in psychiatric care
- 18.35-19:05
Francesco Benedetti
Università Vita-Salute San Raffaele
IRCCS Ospedale San Raffaele, Milano
Chronotherapeutics to heal depression and prevent suicide
- 19:05-19.15
Final discussion and closing remarks