



SLRCH
SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH

**SOCIETY FOR LIGHT, RHYTHMS, AND CIRCADIAN HEALTH
37TH ANNUAL MEETING**

PROGRAM



11 - 13 SEPTEMBER 2026

LA STATALE, UNIVERSITY OF MILAN, ITALY

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EARLY CAREER MEETING

08:30 - 09:00	Registration Early Career Day	
09:00 - 09:15	ECI Day: Opening Remarks	Chair: Dr. Delainey Wescott
09:15 - 09:30	Group Brainstorm	
09:30 - 10:30	Innovative Ways to do Light, Rhythms, and Circadian Health Research Chairs: Alisha Guyett & Resshaya Roobini Murukesu	
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, DE <i>Beyond the Laboratory: Roadshows, Partnerships, and Translation in Circadian Science</i>	
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	Chair: Chloe Roddis & Delainey Wescott
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, USA <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	

37TH ANNUAL MEETING

12:30 - 13:00	Registration 37th Annual Meeting	
13:00 - 13:30	Welcome & Introduction: Society for Light, Rhythms, and Circadian Health <i>Dr. Corrado Garbazza, UPK Basel & Canton Hospital of Graubünden, CH</i> <i>Dr. Annamaria Cattaneo, University of Milan, IT</i>	
13:30 - 14:00	Introductory Talk I	Chair: Dr. Corrado Garbazza
13:30 - 14:00	Dr. Melissa Knauert, Yale School of Medicine, New Haven, USA <i>Sleep & Circadian Rhythms in the ICU and Delirium, Pulmonary Medicine</i>	
14:00 - 14:30	Introductory Talk II	Chair: Dr. Corrado Garbazza
14:00 - 14:30	Dr. Tone Henriksen, Valen Hospital, Bergen, NO <i>International Society for Bipolar Disorders</i>	
14:30 - 15:00	Break & Posters	
15:00 - 16:15	Circadian Pathways in Mental Health and Insomnia	Chairs: Christoph Nissen & Carlotta Schneider
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 <i>Circadian Dysregulation in Major Depressive Disorder</i>	
15:50 - 16:15	Dr. Laura Palagini, University Hospital of Pisa, IT <i>Circadian Rhythm Dysregulation and Suicidal Risk in Bipolar Disorder</i>	
16:15 - 16:30	Break & Posters	
16:30 - 17:00	ECI Keynote: ECI Award Winner	Chair: Dr. Delainey Wescott
16:30 - 17:00	Dr. Maydel Fernandez-Alonso, Max Planck Institute for Biological Cybernetics, Tübingen, DE <i>Sensing Eye to Eye: How the Human Central Clock Integrates Binocular Light Input</i>	
17:00 - 17:30	Poster Data Blitz	
17:30 - 19:30	Poster Reception	

09:00 - 10:30 Oral Session I: Photoreception & Entrainment	
09:00 - 09:15	Ms. Hannah Sophie Heinrichs, Technical University Munich, DE <i>No Evidence That Photoreceptor-Specific Pupillary Responses to Light Are Modulated by the Circadian Clock</i>
09:15 - 09:30	Dr. Jan de Zeeuw, Charité–Universitätsmedizin Berlin, DE <i>Circadian Changes of the Melanopsin-Driven Post-Illumination Pupil Response</i>
09:30 - 09:45	Mr. Sebastian Golczyk, TUM School of Medicine and Health, Technical University of Munich, DE <i>Everyday Behaviourally Driven Indoor-Outdoor Transitions Create Abrupt Changes in Visual Diet and Melanopic Light Exposure</i>
09:45 - 10:00	Dr. Ludovic Stéphane Mure, Inselspital, University of Bern, CH <i>Alterations of Light Detection Circuits in Human Donors With Alzheimer's-Like Pathology</i>
10:00 - 10:15	Mr. Antony Kim, University of California, Berkeley, USA <i>Daylight, Daily Rhythms, and Downstream Physiology: A Translational Study in Diurnal Nile Grass Rats (<i>Arvicanthis niloticus</i>)</i>
10:15 - 10:30	Mrs. Ann-Sophie Loock, University of Basel, CH <i>Daytime Illuminance and Physical Activity in a Controlled Naturalistic Field Experiment: Effects on Circadian Phase, Sleepiness, and Vigilance</i>
10:30 - 11:15	Break & Posters
11:15 - 12:00	Industry Symposium Chair: Dr. Manuel Spitschan
12:00 - 12:45	Lunch & Sponsors
12:45 - 14:15	Oral Session II: Effects of Light on Physiology, Behavior, and Cognition Chair: Dr. Ali Amidi
12:45 - 13:00	Ms. Daniella Mahfoud, National University of Singapore, SG <i>Pre-Task Intermittent Full-Spectrum Light Enhances Cognitive Function and Visual Strategies</i>
13:00 - 13:15	Dr. Beatriz Bano Ojalora, University of Manchester, UK <i>The Impact of Self-Selected Light on Activity Rhythms in the Diurnal Striped Mouse <i>Rhabdomys pumilio</i></i>
13:15 - 13:30	Ms. Andrea Sancho-Salas, University of Costa Rica, CR <i>Decomposing Climatic and Behavioural Drivers of Personal Light Exposure in a Tropical Setting</i>
13:30 - 13:45	Dr. Altug Didikoglu, The University of Manchester, UK <i>A Multinational Wearable Study of Real-World Melanopic Light Exposure and Behavioural Outcomes</i>
13:45 - 14:00	Dr. Shadab Rahman, Beth Israel Deaconess Medical Center, Harvard Medical School, USA <i>Impact of Artificial Light at Night on Sleep and Circadian Rhythms in Midlife Women With Vasomotor Symptoms</i>
14:00 - 14:15	Dr. Lidia Fortaner-Uyà, IRCCS Ospedale San Raffaele, Milan, IT <i>Effective chronotherapeutic treatment enhances neural habituation to emotional stimuli in bipolar depression</i>
14:15 - 15:00	Break & Posters

15:00 - 16:15	Circadian Health Across the Lifespan	Chair: Dr. Lisa Wu
15:00 - 15:25	Dr. Sarah England, Washington University in St. Louis, USA <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, Worcester, USA <i>Sleep and Circadian Dysfunction in Depression and Addiction Disorders</i>	
15:50 - 16:15	Dr. Taisuke Eto, Max Planck Institute for Biological Cybernetics, Tübingen, DE <i>Age-Dependent Differences in Ocular Characteristics: Implications for Lighting from a Circadian Perspective</i>	
16:15 - 16:30	Break & Posters	
16:30 - 17:30	Keynote Lecture	Chair: Dr. Renske Lok
16:30 - 17:30	Dr. Marijke Gordijn, University of Groningen, NL <i>Light and Rhythms: Pillars of a Healthy Lifestyle</i>	
19:00 - Late	Conference Dinner - Osteria del Treno, Sala Liberty	

09:00 - 10:00	SLRCH Members Meeting	Chair: Dr. Corrado Garbazza
10:00 - 10:45	Break & Posters	
10:45 - 12:00	Data, Devices, and Drug Timing: Innovations in Chronotherapy	Chair: Dr. Beatriz Bano-Otalora
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: Circadian Medicine and Mental Health	Chair: Dr. Rebecca Cox
12:45 - 13:00	Dr. Caroline Hoyniak, Washington University School of Medicine, USA <i>Circadian Rhythm Disturbances in Early Childhood Depression</i>	
13:00 - 13:15	Dr. Federica Nozza, IRCCS San Raffaele Hospital, Milan, IT <i>Sex-Dependent Role of CLOCK 3111T/C Polymorphism in Childhood Trauma-Related White Matter Microstructural Alterations in Bipolar Disorder</i>	
13:15 - 13:30	Mrs. Emma Visser, Eindhoven University of Technology, NL <i>When Physiology and Behaviour Diverge: Using Mathematical Modelling to Examine Sleep–Wake Processes During Bright Light Therapy for Depression</i>	
13:30 - 13:45	Dr. Valentina Fazio, IRCCS San Raffaele Scientific Institute, Milan, IT <i>Bright Light Therapy and Emotional Attention Bias in Depression: Evidence From a Face-Word Emotional Stroop Task</i>	
13:45 - 14:00	Dr. Delainey Wescott, University of Pittsburgh, USA <i>Diurnal Variation in Wanting and Liking Varies by Sleep Timing and Reward Sensitivity in Adolescents</i>	
14:00 - 14:15	Dr. Rebecca Cox, Washington University in St. Louis, USA <i>Later and Irregular Light Exposure in Early Pregnancy Predicts Small-for-Gestational-Age Birth</i>	
14:15 - 15:00	Break	

15:00 - 16:00 Year in Review	
15:00 - 15:15	Dr. Beatriz Bano Otalora, University of Manchester, UK Basic
15:15 - 15:30	Resshaya Roobini Murukesu, TUMCREATE, SG Translational
15:30 - 15:45	Alisha Guyett, Aarhus University, DK Clinical
15:45 - 16:00	Corrado Garbazza, UPK Basel & Canton Hospital of Graubünden, CH
16:00 - 16:30	Awards & Closing Remarks Chair: Dr. Renske Lok

14:30 – 15:00

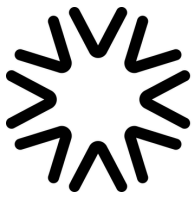
17:45 – 20:30



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