



31<sup>st</sup> Annual Meeting of the Society for Light Treatment and  
Biological Rhythms (SLTBR). “The Effects of Rhythms, Genes and Light  
on Metabolism, Sleep and Mental Health.” Chicago, U.S.A. 2019  
Final program

Thursday, June 20 <sup>th</sup> <i>McGaw Pavilion, 240 E Huron Street, Second Floor. Daniel Hale Williams Auditorium.</i>	
8:00 - 9:00	Registration and breakfast
9:10 - 9:20	Dorothy Sit, MD. Welcome Address from the SLTBR President
9:20 - 9:30	John Csernansky, MD. Chair of Department of Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine. Introduction to Chicago and Northwestern University
09:30 - 12:40	<u>CME Course</u> Open to all participants
09:30 - 10:10	Dries Kalsbeek, PhD. Netherlands Institute for Neuroscience (NIN), Amsterdam, The Netherlands. Shining light on energy metabolism in mice, rats and man.
10:10 - 10:50	Christian Cajochen, PhD. Center for Chronobiology, Basel, CH – Chronobiology and sleep, non-image forming aspects of light.
10:50 - 11:20	Coffee Break
11:20 - 12:00	Michael Young, PhD. Illinois Institute of Technology, USA - Network modeling of seasonal depression: implications for etiology and treatment.
12:00 - 12:40	Marijke Gordijn, PhD. University of Groningen, The Netherlands - Shift work and chronotype: health consequences of circadian misalignment.
12:40 - 13:30	Lunch Break

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Thursday, June 20<sup>th</sup>

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13:30 - 15:30	<u>SYMPOSIUM 1: Fundamental science; Christian Cajochen, PhD.</u>
13:30 - 14:10	Patrice Bourgin, PhD. CIRCSomnology, Neurologie, University of Strasbourg, France - A model to predict sleep-wake changes induced by aberrant light dark cycles.
14:10 - 14:50	Ludovic Mure, PhD, Regulatory Biology Laboratory, The Salk Institute for Biological Studies La Jolla, USA - Inputs and outputs of the diurnal primate clock
14:50 - 15:30	Jamie Zeitzer, PhD, Stanford Center for Sleep Sciences and Medicine, Palo Alto, USA – Less is more: ultrashort light flashes for resetting the human circadian clock
15:30 - 16:00	Coffee Break
16:00 - 17:00	<u>Oral Session I</u> Chair Yvonne de Kort
16:00 - 16:12	K. Smolders, Eindhoven University of Technology, Netherlands: A behavior-based assessment of attitude toward sleep hygiene and chronotype-dependent differences in the engagement in sleep-promoting behaviors
16:12 - 16:24	L. Hartstein, University of Colorado Boulder, USA: Light Before Bed and Melatonin Suppression in Preschool-Age Children
16:24 - 16:36	J. de Zeeuw, Charité – Universitätsmedizin Berlin, Germany: EEG power density as a proxy for objective alertness depends on spectral composition and intensity of light exposures during daytime
16:36 - 16:48	D. Mathew, Indiana University School of Medicine, USA: The scotopic electroretinogram of C57Bl/6 mice display circadian rhythmicity
16:48 - 17:00	R. Gutman, Tel-Hai College & Galilee Research Institute, Israel: Extent and onset of high-fat-diet-induced obesity in mice is attenuated under an environmental photic cycle that resembles their endogenous circadian rhythm period length
17:00 - 17:30	Datablitz with short poster presentations. Chair Renske Lok.
17:30 - 20:30	Welcome Reception and posters <i>Method Atrium. MORTON MEDICAL RESEARCH BUILDING, First Floor. 300-310 E. Superior Street</i>

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Friday, June 21 <sup>st</sup> <i>McGaw Pavilion, 240 E Huron Street, Second Floor. Daniel Hale Williams Auditorium.</i>	
6:30 - 8:30	<u>SLTBR Board Meeting</u> <i>Location: Asher Center. 676 N St Clair Street, Suite 1000</i>
8:30 - 9:00	Registration and breakfast
09:00 - 10:00	Keynote: Phyllis Zee, MD, PhD. Northwestern University, Feinberg School of Medicine. - New ways to diagnose sleep and circadian rhythm disorders: a universal method to detect circadian state from gene expression.
10:00 - 10:30	Coffee Break
10:30 – 12:30	<u>SYMPOSIUM 2: Translational Chronobiology Research; Marijke Gordijn, PhD.</u>
10:30 - 11:10	Yvonne de Kort, PhD. Industrial Engineering & Innovations Sciences, Technical University Eindhoven, The Netherlands - A close look at acute diurnal effects of light exposure.
11:10 - 11:50	Hee-Kyung Hong, PhD. Northwestern University. Center for Diabetes and Metabolism, Chicago, USA - Changes in Clock Repression and Circadian Disruption in Response to Inflammation.
11:50 - 12:30	Charmane Eastman, Ph.D, Rush University Medical Center, Chicago, USA – Shift Work and Jet Lag: Management of circadian rhythm misalignment with bright light, dark and melatonin.
12:30 - 13:30	Lunch Break

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Friday, June 21st <i>McGaw Pavilion, 240 E Huron Street, Second Floor. Daniel Hale Williams Auditorium.</i>	
13:30 - 14:30	<u>Oral Session II</u> : Chair Oliver Stefani
13:30 - 13:42	M.N. Böhmer, Erasmus MC, University Medical Center Rotterdam, Netherlands: Are we still in the dark? A systematic review on light exposure, sleep and mood in the general population
13:42 - 13:54	B. van de Zande, Signify, Eindhoven, Netherlands: Light and vitality: effects of bright office white light on workers' performance, well-being, sleep and appreciation
13:54 - 14:06	R. Lok, University of Groningen, Netherlands: Effects of bright light exposure on alertness under forced desynchrony conditions
14:06 - 14:18	O. Stefani, University of Basel, Switzerland: Effects of lighting with continuously changing color temperature and illuminance on Melatonin Profile, Skin Temperature and Sleep
14:18 - 14:30	M. Kompier, Eindhoven University of Technology, Netherlands: Effects of light transitions on subjective and objective measures of alertness, comfort and affective state
14:30 - 15:15	Luc Schlangen- Non-image forming responses to light: new light metrics and insights
15:15 - 15:45	Coffee Break
15:45 - 16:45	<u>Year in Review</u> 20 min animal (Dries Kalsbeek ) / 20 min human basic (Jamie Zeitzer) / 20 min clinical (Dorothy Sit)
18:00 - 20:30	Dinner cruise aboard the Mystic Blue, boarding from 18:00 at Navy Pier, Chicago. Boat leaves promptly at 18:30.

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Saturday, June 22 <sup>nd</sup> <i>McGaw Pavilion, 240 E Huron Street, Second Floor. Daniel Hale Williams Auditorium*.</i>	
07:30 - 10:00	Registration and breakfast
08:00 - 10:00	<div style="display: flex; justify-content: space-between;"> <div style="width: 65%;"> <p><b><u>Young Investigator meeting</u></b>            Chair: Renske Lok, Groningen, The Netherlands            2 speakers: M. Gordijn: career path in business                              C. Cajochen: career path in science            Student pitches &amp; discussion:            1. B. Bais, Netherlands: A randomized, double-blind controlled clinical trial of light therapy for pregnant women with major depressive disorder            2. J.T. Danielsen, Denmark: The Effect of Systematic Light Exposure on Vigilance and Attention in Clinically Fatigued Women Recently Treated for Breast Cancer            3. F. Webler, Switzerland: Decoding the 'spectral diet'            4. A. Ishihara, Japan: Association between the evening use of electronic media, sleep, and chronotypes of employees in Japan</p> </div> <div style="width: 30%; border-left: 1px solid black; padding-left: 10px;"> <p><b><u>'Hands-on clinical workshop' on Light therapy for mood problems</u></b>            Speaker: Dorothy Sit</p> <p><i>*Location: Asher Center for the Study and Treatment of Depressive Disorders. 676 N St Clair Street, Suite 1000.</i></p> </div> </div>
10:00 - 10:30	Coffee break
10:30 - 12:30	<p><b><u>SYMPOSIUM 3: Circadian Rhythms and Psychiatric Disorders, Dorothy Sit, MD.</u></b></p>
10:30 - 11:10	Inger Burnett Zeigler, PhD. Northwestern University. Changes in daily heart rate and pulse pressure as circadian predictors of chronic stress in U.S. minority women with a history of depression: impact of mindfulness based interventions.
11:10 - 11:50	John Gottlieb, MD. Northwestern University. International Society for Bipolar Disorders: UPDATE on the chronobiology and chronotherapeutics task force. Systematic data review: report on the study design and data findings on chronobiological treatments.
11:50 - 12:30	Colleen McClung, PhD. University of Pittsburgh, USA - Circadian rhythm regulation of reward processes through metabolic signaling in the brain.
12:30 - 13:30	Lunch
13:30 - 14:15	Members Meeting

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Saturday, June 22<sup>nd</sup>

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14:30 - 15:42	<u>ORAL Session III</u> : Chair John Gottlieb
14:30 - 14:42	A. Shankar, University of Alaska Fairbanks, USA. SAD rats: Effects of short photoperiod on sleep and carbohydrate consumption in grass rats
14:42 - 14:54	D.C. Fernandez, National Institute of Mental Health, USA: A novel retina-thalamic circuit underlies the effects of light on mood
14:54 - 15:06	M.N. Böhmer, Erasmus MC, University Medical Center Rotterdam, Netherlands: Bright-study: the effect of dynamic indoor lighting on sleep and mood in elderly with intellectual disabilities living in group home facilities
15:06 - 15:18	L.M. Wu, Northwestern University Feinberg School of Medicine, USA: The association between assignment to dim or bright hospital room and symptom burden during stem cell transplantation: A longitudinal pilot study
15:18 - 15:30	A. Amidi, Aarhus University, Denmark: The Effect of Systematic Light Exposure to Reduce Cancer-related Fatigue (CRF) in Women Treated for Breast Cancer: A Randomized Controlled Trial of Circadian Active versus Inactive Light Stimulation
15:30 - 15:42	T.C. Erren, University Hospital of Cologne, Germany: Can disease "start" with perinatal light? - PLICCS results in 190.000 live births from the International Childhood Cancer Cohort Consortium [I4C]
15:45 - 16:00	Awards, Closing

## CONTINUING EDUCATION CREDITS.

### Satisfactory Completion

Learners must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

### Physicians



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Society for Light Treatment and Biological Rhythms. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Credit Designation Statement** – Amedco LLC designates this live activity for a maximum of 16.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Psychologists

This course is co-sponsored by Amedco and Society for Light Treatment and Biological Rhythms. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 16.25 hours.

The following state boards accept courses from APA providers for Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

MI: No CE requirements

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The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK, OR, SC, UT, WA, WI, WY

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY