

# THE TIME OF OUR LIVES: CIRCADIAN RHYTHMS, SLEEP, AND LIGHT – A RESEARCH NETWORKING EVENT



SLEEP AND CIRCADIAN  
PSYCHOLOGY RESEARCH GROUP

DEPARTMENT OF PSYCHOLOGY  
AND BEHAVIOURAL SCIENCES

AARHUS UNIVERSITY

Date: 24 May 2022

Circadian rhythms are cycles of rhythmicity in our behavior, physiology and biochemistry, that occur approximately every 24 hours. They form an adaptive mechanism for organisms to coordinate vital functions from cellular processes to physiological functions to our very behaviors. The nature and timing of our circadian rhythms can therefore play an important role in every aspect of our functioning. Circadian rhythms are tightly connected with sleep, a behavior in which we spend a third of our lives. Light happens to be the strongest entrainer of our circadian rhythms, and therefore exerts a powerful influence over our circadian rhythms.

The aim of this symposium is to activate and foster networks and interdisciplinary collaborations focused on the topic of sleep and the circadian timing system, how they interact with human psychology, health, and behavior, and circadian-driven interventions including light therapy. This symposium is set against the backdrop of a new AU-wide research group that we have formed called the Circadian Psychology and Sleep Research Group.

## **ORGANIZERS/COLLABORATION WITH AU COLLEAGUE:**

Lisa M. Wu, Ph.D. (Associate Professor, AIAS) and Ali Amidi, Ph.D. (Associate Professor, Psychology and Behavioural Sciences) from the Sleep & Circadian Psychology Research Group.

# PROGRAMME

**09:30-10:00: REGISTRATION & COFFEE**

**10.00-10.15: INTRODUCTION** (Ali Amidi & Lisa Wu)

**10.15-11:15: KEYNOTE LECTURE**

- Professor Katharina Wulff (Umeå University, Sweden)  
**“Adaptiveness to light from molecular to community level”**

**11:20-12:20: SPEAKERS**

- 11:20: 11:40: Associate Professor Birgitte Rahbek Kornum (Copenhagen University, Denmark)  
**“Is the hypothalamus particularly vulnerable to environmental insults during adolescence?”**
- 11:40- 12:00: Professor Bobby Zachariae (Aarhus University Hospital, Denmark)  
**“The development of HVIL®: A Danish app for the treatment of insomnia”**
- 12:00 – 12:20: Professor Preben Kidmose (Aarhus University, Denmark)  
**“Long-term sleep monitoring using ear-EEG”**

**12:20-13:15: LUNCH**

**13:15-14:15: KEYNOTE LECTURE**

- Professor Klaus Martiny (University of Copenhagen, Denmark)  
**“Stabilizing and improving sleep in patients with depression by strengthening of their circadian system through light and other zeitgebers”.**

## 14:20-15:30: SPEAKERS

- 14:20-14:40: Associate Professor Christine Parsons (Aarhus University, Denmark)  
**“Tired and cranky: Examining the links between sleep and daily emotion”**
- 14:40 – 15:00: Associate Professor Lisa Wu (AIAS, Aarhus University, Denmark)  
**“Sleep, circadian rhythms and light exposure in oncology”**
- 15:00-15:20: Assistant Professor Mandana Sarey Khanie (Technical University of Denmark)  
**“Learning, light and sleep: An overview of current activities at ICIEE”**
- 15:20-15:30: Associate Professor Ali Amidi (Aarhus University, Denmark)  
**“The effect of air quality on sleep and cognitive performance in school children”**

## 15:30-15.45: Closing comments

**15:45-17:00: NETWORKING RECEPTION** – Attendees will have the opportunity to connect informally.