



PROGRAM: SLTBR Meeting 2010

July 1st – 3rd, Vienna, Austria

Location: Urania Sternwarte, Uraniastrasse 1, 1010 Vienna

Thursday, July 1st, 2010

8:00-1:00 pm Registration

9:00 - 11:30 am CME/DFP Course (in English; additional fee is required)

Introductory Course on Chronobiology, Sleep, Seasonality, and
Psychopharmacological Interventions

*Chairs: Siegfried Kasper & Matthaeus Willeit, Medical University
Vienna, Austria*

9:00-9:45 am **The biology of circadian and seasonal rhythms in psychiatry
(Die Biologie zirkadianer und jahreszeitlicher Rhythmen in der
Psychiatrie)**

Nicole Praschak-Rieder, Medical University Vienna, Austria

9:45-10:15 am **The chronobiology of sleep and sleep disorders
(Die Chronobiologie von Schlaf und Schlafstörungen)**

Göran Hajak, University of Regensburg, Germany

10:15-10:45 am Break

10:45-11:30 am **Psychopharmacological interventions in chronobiological
rhythms
(Psychopharmakologische Beeinflussung chronobiologischer
Rhythmen)**

Siegfried Kasper, Medical University Vienna, Austria

11:30-1:00 pm Lunch (on your own)

1:00 - 1:30 pm President's Welcome

Namni Goel, University of Pennsylvania, USA

- 1:30 - 2:00 pm** **History of SAD (Local Chair's Welcome)**
Siegfried Kasper, Medical University Vienna, Austria
- 2:00 - 4:30 pm** **Symposium I: Circannual Changes in Neurobiology and Psychopathology**
Chairs: Matthaeus Willeit & Nicole Praschak-Rieder, Medical University, Vienna, Austria
- 2:00-2:30 pm **Positron emission tomography imaging of seasonal changes in brain serotonin transmission**
Christoph Spindelegger, Medical University Vienna, Austria
- 2:30-3:00 pm **Serotonin transporter promoter polymorphism and seasonal changes in brain serotonin transporter binding**
Jan Kalbitzer, Charité Berlin, Germany
- 3:00-3:30 pm **Seasonal changes in female reproductive function**
Konstantin Danilenko, Russian Academy of Medical Sciences, Russia
- 3:30-4:00 pm **Seasonal changes in suicide frequency: What biology can learn from epidemiology**
Martin Voracek, University of Vienna, Austria
- 4:00-4:30 pm **The relationship between the spring peak in suicides and depression**
Zoltán Rihmer, National Institute for Psychiatry and Neurology, Hungary
- 4:30-5:00 pm Break
- 5:00-7:00 pm **Poster session with discussion (wine and cheese)**

Friday, July 2nd, 2010

7:30-9:00 am Registration

9:00 - 11:00 am Symposium II: How to Shift Circadian Rhythms with Light and Melatonin, PRCs, Night Shift Work and Sleep Deprivation

Chair: Charmane Eastman, Rush University Medical Center, USA

9:00-9:30 am **Light and melatonin phase response curves (PRCs)**

Vikki Revell, University of Surrey, United Kingdom

9:30-10:00 am **Helping night shift workers: rhythms vs. real life**

Charmane Eastman, Rush University Medical Center, USA

10:00-10:30 am **Lighting up the days of night workers**

Marie Dumont, University of Montreal and Sacre-Cœur Hospital of Montreal, Canada

10:30-11:00 am **Sleep deprivation and the circadian clock**

Helen Burgess, Rush University Medical Center, USA

11:00-11:15 am Break

11:15-12:35 pm Oral Presentations I. Mechanisms of Alertness

11:15-11:35 am **The T3111C polymorphism of the circadian core gene, *Clock*, predicts interindividual differences in affect, sleepiness, fatigue and executive functioning during baseline and chronic partial sleep deprivation in healthy adults**

N. Goel, S. Banks, L. Lin, E. Mignot, D.F. Dinges

11:35-11:55 am **Cognitive performance under rotating shift work – is the morning shift a risk factor?**

K. Pusch, A. Jessen, T. Roenneberg, M. Krifka

11:55-12:15 am **Blocking short wavelengths of light does not impact alertness level in the middle or end of a sleep deprived night**

A. Sasseville, J. Houle, M. Hebert

12:15-12:35 pm **The pupillary reflex during short-term light exposure in vivo: is melanopsin bistability detectable?**

B. Sander, M. Stormly, A. Broendsted, C. Nissen, A. Kawasaki

12:35-2:00 pm Lunch (on your own)

- 2:00-3:20 pm **Oral Presentations II. Clinical Disorders and Seasonality**
- 2:00-2:20 pm **Successful chronotherapeutics normalizes brain imaging correlates of emotional processing in bipolar depression**
F. Benedetti
- 2:20-2:40 pm **Effect of light treatment on circadian rhythms, rest-activity cycles and well-being in women with emotional instability of the borderline type**
V. Bromundt, S. Kyburz, G. Dammann, A. Wirz-Justice, C. Cajochen
- 2:40-3:00 pm **Seasonality effects of sunshine on suicide**
B. Vyssoki, G. Sonneck, N. Praschak-Rieder, S. Kasper, M. Willeit, N. D. Kapusta
- 3:00-3:20 pm **Season of birth associated with body fat at birth in Canadian children**
R.D. Levitan, J.L. Kennedy, P. Silveira, M. Steine, C. Soares, H. Gaudreau, S. Matthews, M. Meaney
- 3:20-3:45 pm Break
- 3:45-4:00 pm **J. Christian Gillin Junior Investigator Research Award
Is total sleep deprivation combined with light therapy a long-lasting treatment? Predictors and outcome in bipolar depression**
D. Delmonte, C. Gavinelli, C. Brambilla, B. Barbini, F. Benedetti, C. Colombo, E. Smeraldi
- 4:00-5:00 pm SLTBR Annual Business Meeting
- 7:00 pm Annual Banquet at Kursalon

Saturday, July 3rd, 2010

- 7:30-9:00 am Registration
- 9:00 - 11:00 am Symposium III: Lighting and Health**
Chair: George Brainard, Thomas Jefferson University, USA
- 9:00 - 9:30 am **Basic physiology of phototransduction for the circadian system**
Samer Hattar, Johns Hopkins University, USA
- 9:30 - 10:00 am **Method for prospective analysis of the circadian efficacy of daylight**
Christopher Pechacek, Brooks Air Force Base, USA

- 10:00 - 10:30 am **Architecture and light: a spectrum of choices**
Phillip Mead, University of Idaho, USA
- 10:30-11:00 am **Lighting for manned space exploration**
George Brainard, Thomas Jefferson University, USA
- 11:00-11:15 am Break
- 11:15-12:35 pm **Oral Presentations III. Biological Effects of Light**
- 11:15-11:35 am **Light-controlled melatonin suppression: effects of age**
H. Piazena, L. Franke, R. Uebelhack, D. Kockott
- 11:35-11:55 am **Patterns of hormonal release in plasma in natural and artificial light**
Monica Säter
- 11:55-12:15 am **Influence of daytime light on nighttime parameters including sleep, melatonin secretion and alertness**
C. Stoll, A. Rodenbeck, C. Schierz, D. Kunz
- 12:15-12:35 pm **Effect of light in schools: replication of a field study in the lab**
N. Wessolowski, C. Barkmann, M. Schulte-Markwort
- 12:35-1:00 pm **President's Closing Remarks**
Namni Goel, University of Pennsylvania, USA