



**PROGRAM: SLTBR Meeting 2009**

**June 24<sup>th</sup> – 27<sup>th</sup>, Berlin, Germany**

**Location:** DIN (Deutsches Institut für Normung)  
Building, Burggrafenstraße 6, D-10787 Berlin



*Satellite of the World Federation of Societies of Biological Psychiatry  
(WFSBP) meeting, Paris, France, June 28<sup>th</sup> - July 2<sup>nd</sup>, 2009*

**Wednesday, June 24<sup>th</sup>, 2009**

4:30-6:30 pm      **SLTBR Board meeting**  
7:00-10:00 pm    **Registration and opening reception at Käfer  
Restaurant – Reichstag** (Platz der Republik 1, 11011 Berlin)

**Thursday, June 25<sup>th</sup>, 2009**

7:45-8:45 am      Registration

**9:00 - 12:10 pm    CME Course (intended for psychiatrists, physicians,  
architects, light planners, etc)**  
  
Introductory Course on Chronobiology, Clock Genes, Light  
Technology, and Clinical Applications  
  
*Chair: Dieter Kunz (Berlin, Germany)*

9:00-9:40 am      **Basics in Chronobiology**  
*Marijke Gordijn, University of Groningen, The Netherlands*

9:40-10:20 am    **Molecular mechanisms in chronobiology**  
*Steven Brown, University of Zürich, Switzerland &  
Achim Kramer, Charité Berlin, Germany*

10:20-10:50 am    Break

10:50-11:30 am    **Technical issues of light**  
*Horst Rudolph, Trilux, Arnsberg, Germany*

11:30-12:10 pm    **Practical light therapy**  
*Michael Terman, Columbia University, USA*

12:10-1:15 pm Lunch

**1:15 - 1:30 pm** **President's Welcome**  
*Namni Goel, University of Pennsylvania, USA*

## **Lighting and Architecture Focus**

**1:30 - 3:35 pm** **Symposium I: What can Chronobiology Offer Architects and Lighting Designers?**  
*Chairs: Anna Wirz-Justice (Switzerland) & Phillip Mead (USA)*

1:30-1:55 pm **Visual neuroscience and architectural design**  
*John Eberhard, USA (architect), Founder of the Academy of Neuroscience for Architecture*

1:55-2:20 pm **The built environment and the human response to (day-)light**  
*Mirjam Münch, Switzerland (chronobiologist and sleep researcher), Solar Energy and Building Physics Laboratory, EPFL*

2:20-2:45 pm **What we know about the effects of lighting on performance, mood, and health**  
*Jennifer Veitch, Canada (psychologist), National Research Council of Canada Lighting Group*

2:45-3:10 pm **How can a lighting designer use light in buildings for well-being?**  
*Jens Christoffersen, Denmark (lighting engineer), Danish Building Research Institute*

3:10-3:35 pm **The future and sustainability of precision color-controlled architectural light sources**  
*Fred Maxik, USA, Lighting Science Group Corporation*

3:35-3:50 pm Break

**3:50 - 5:00 pm      Forum: “Biological” Lighting and Architecture -  
What Do We Know, What Do We Need to Know?**

*Chair: Colin Fournier, Architect, Professor of Urban Design, Bartlett  
School of Architecture, University College London*

**Architecture and Lighting Experts participating in the Round Table  
discussion with SLTBR chronobiologists**

*Kristin Feireiss & Hans-Jürgen*

*Commerell                      Architecture Forum Aedes, Berlin, Germany*

*Tanya Scholze                Architect Bob Gysin Partners Zürich, winner of Velux Daylight  
Building Award, Switzerland*

*Craig Bernecker             Lighting Institute Philadelphia, USA*

*Bob Venning                 ARUP Engineering, Lighting designer London, UK*

*Jean-Louis*

*Scartezzini                 Solar physics, daylighting lab LESO, EPFLausanne, Switzerland*

*Joachim Stormly*

*Hansen                      Adviser Optical Indoor Environment, Grontmij/Carl Bro, Denmark*

*Dieter Lang                 Physicist, scientific consultant, OSRAM, Germany*

*Luc Schlangen              Scientific consultant, Philips, Eindhoven, The Netherlands*

*Toine Schoutens            The Light & Health Research Foundation, University of Technology,  
Eindhoven, The Netherlands*

*Peter Roos &*

*Peter Dehoff                Biological lighting researchers, Zumtobel, Austria*

*Atto Harsta                 Foundation Living Daylights, The Netherlands*

*Andreas Horlitz            Artist, lighting installations, Berlin, Germany*

*Philippe Rahm              Architect, lighting installations, Paris, France*

**7:00 – 9:00 pm      Poster session with discussion**

## Friday, June 26th, 2009

7:45-8:45 am Registration

### 8:45 - 10:15 am **Symposium II: EUCLOCK: Entrainment in Humans and Animals**

*Chairs: Vikki Revell (UK) & Marijke Gordijn (Netherlands)*

8:45 - 9:00 am **Entrainment of the human circadian clock**

*Till Roenneberg, MPI Munich, Germany*

9:00 - 9:15 am **Circadian photoreception: from photic mechanism to clinical strategies**

*Claude Gronfier, Inserm, France*

9:15 - 9:30 am **Insights into the mechanisms of entrainment using phase response curves in mice (*Mus musculus*)**

*Marian Comas, University of Groningen, The Netherlands*

9:30 - 9:45 am **A molecular look at chronotype and aging**

*Lucia Pagani, University of Zurich, Switzerland*

9:45-10:05 am **ClockWatcher and LightWatcher, new techniques for ambulatory measurements in humans**

*Jakub Späti, University of Basel, Switzerland & Marijke Gordijn, University of Groningen, The Netherlands*

10:05-10:15 am **General discussion: Where does EUCLOCK go from here?**

10:15-10:45 am Break

10:45-12:15 pm **Oral Presentations I. Photobiology**

10:45-11:05 am **Melatonin phase shifts to dawn simulation and bright light, with photic and non-photic controls**

*M. Terman, J. Su-Terman*

11:05-11:25 am **Timing light treatment for eastward and westward travel preparation**

*M. Paul, J. Miller, R.J. Love, H. Lieberman, S. Blazeski, J. Arendt*

11:25-11:45 am **Seasonal changes in peripheral and central serotonin transporter parameters**

*M. Willeit, N. Praschak-Rieder, H.H. Sitte*

11:45-12:05 pm **Seasonal fluctuations in platelet inositol trisphosphate receptor ( $ip_3r$ ) levels in women with Seasonal Affective Disorder and normal controls**

*R.D. Levitan, D. Nacuta, P. Li, J. Warsh*

|                |   |
|----------------|---|
| 12:30-1:30 pm  | <b>Lundbeck-Sponsored Lunch Symposium: Melatonin, Circadian Rhythms, Mood and Sleep</b>   |
| 12:30-12:40 pm | <b>Introduction to melatonin symposium</b><br><i>Namni Goel, University of Pennsylvania, USA</i>  |
| 12:40-1:05 pm  | <b>Melatonin and REM sleep in healthy subjects and patients</b><br><i>Dieter Kunz, Charité Berlin, Germany</i>  |
| 1:05-1:30 pm   | <b>Phase-delayed circadian misalignment correlates with symptom severity in non-seasonal depression and healthy subjects</b><br><i>Alfred Lewy, Oregon Health and Science University, USA</i> |
| 1:45-3:15 pm   | <b>Oral Presentations II. Biological Rhythms and Sleep</b>  |
| 1:45-2:05 pm   | <b>Gender-specific sub-clinical dysphoria correlates with phase-delayed circadian misalignment in healthy women</b><br><i>J. Emens, A.J. Lewy, J.N. Rough, J.B. Songer, A.L. Laurie</i>       |
| 2:05-2:25 pm   | <b>The impact of activiva light on sleep, circadian phase and health during the polar winter</b><br><i>V. Mottram, B. Middleton, P. Williams, J. Arendt</i>                                   |
| 2:25-2:45 pm   | <b>Effects of reducing (blue) light intensity on human's sleep characteristics and melatonin rhythms</b><br><i>M.C. Giménez, P. Bollen, M.C.M. Gordijn, D.G.M. Beersma</i>                    |
| 2:45-3:05 pm   | <b>Role of the circadian gene, <i>PER3</i>, in sleep homeostatic and neurobehavioral responses to chronic partial sleep deprivation</b><br><i>N. Goel, S. Banks, E. Mignot, D.F. Dinges</i>   |
| 3:15-3:45 pm   | Break   |
| 3:45-4:00 pm   | <b>Junior Investigator Award Presentation</b>   |
|                | <b>The effect of timed blue-green light on sleep-wake patterns in women with Alzheimer's Disease</b><br><i>L. Nowak, J.E. Davis</i>   |
| 4:00-5:00 pm   | SLTBR Annual Business Meeting   |
| 7:00 pm        | Annual Banquet  |

**Saturday, June 27th, 2009**

7:45-8:45 am Registration

**8:45 - 10:20 am Symposium III: Sleep Deprivation, Light Therapy, Phase Advance: Chronotherapeutic Adjuncts to Medications in Major Depression**

*Chairs: Klaus Martiny (Denmark) & Michael Terman (USA)*

8:45-9:10 am **Chronotherapeutics for depression: a decision strategy for clinicians**

*Anna Wirz-Justice, Psychiatric Hospital of the University of Basel, Switzerland*

9:10-9:35 am **Clinical efficacy and feasibility of chronotherapeutics in psychiatric care**

*Cristina Colombo, Istituto Scientifico Universitario Ospedale San Raffaele Milano, Italy*

9:35-9:55 am **Results from a study in unipolar patients using sleep deprivation in combination with bright light therapy and sleep timing control**

*Klaus Martiny, Psychiatric Research Unit, Hillerød, Denmark*

9:55-10:20 am **Results from a study in bipolar patients using sleep deprivation, sleep phase advance and bright light therapy**

*Joseph Wu, University of California, Irvine, USA*

10:20-10:40 am Break

10:40-12:20 pm **Oral Presentations III. Light Therapy: Treatment Beyond Seasonal Affective Disorder**

10:40-11:00 am **Light therapy for nonseasonal depression: status report**  
*R.W. Lam*

11:00-11:20 am **The effects of light therapy in non-seasonal depression with atypical features. Preliminary results**

*P.M.J. Haffmans, P. Leydens, M.Hysaj, M. Blom, K. de Boer*

11:20-11:40 am **A double-blind placebo-controlled randomised trial of light therapy for antepartum depression**

*A. Bader, A. Riecher-Rössler, U. Frisch, K. Wolf, R.-D. Stieglitz, J. Alder, J. Bitzer, I. Hösl, M. Terman, K. Wisner, A. Wirz-Justice*

11:40-12:00 pm **Can light treatment improve well-being of patients with emotional instability of the borderline type? – preliminary results**

*V. Bromundt, A. Wirz-Justice, C. Cajochen*

12:00-12:20 pm **A multistage chronobiologic intervention for the treatment of depression: a pilot study**

*L. Moscovici, M. Kotler*

12:20-12:30 pm

**President's closing remarks**

*Namni Goel, University of Pennsylvania, USA*

12:30-2:30 pm

**Optional Event: Tour of the newly renovated**

*("chronobiological lighting") Department of Psychiatry, in the  
Vivantes Klinik Berlin (headed by Professor Jürgen Staedt)*