PROGRAM: SLTBR Meeting 2011
July 10th – 13th, Montréal, Canada

Location: Centre Mont-Royal, 2200 rue Mansfield, Montréal, H3A 3R8

Sunday, July 10th, 2011

15:30-17:30      SLTBR Board Meeting

19:00-21:00      Welcome Reception at the Centre Mont-Royal
                 (2200 rue Mansfield, Montréal, H3A 3R8, Canada)

Monday, July 11th, 2011

8:00-9:00        Registration

9:00 - 9:15      President’s Welcome
                 Marc Hébert, Laval University, Canada

9:15 – 11:15     Symposium I: Aspects of non-visual photoreception
                 Chair: Melanie Rueger, Harvard Medical School, USA
                 Claude Gronfier, University of Lyon, France

9:15–9:45        Effects of spectral modulation on acute endocrine, molecular
                 and behavioural responses to nocturnal light
                 Shadab Rahman, Harvard Medical School, USA

9:45–10:15       Phase response curve to a single 6.5-h light pulse of short-
                 wavelength light
                 Melanie Rueger, Harvard Medical School, USA

10:15–10:45      Retinal circuits underlying impairment of learning and mood by
                 aberrant light exposure
                 Samer Hattar, John Hopkins University, USA
10:45–11:15  What short duration light pulses can tell us about human circadian photoreception: results from modeling and experiments
Melissa St. Hilaire, Harvard Medical School, USA

11:15–12:15  Coffee break

11:15 - 12:25  Poster Session I
Presenter with an even number will be asked to remain in front of their posters. Posters will be up on Monday and Tuesday.

12:25 - 14:00  Lunch (on your own)

14:00 - 15:20  Oral Presentations I. Light and Rhythms: Clinical Aspects
Chair: Namni Goel, University of Pennsylvania, USA

14:00–14:20  The University of Vermont study of cognitive behavioral therapy Vs. light therapy for preventing SAD recurrence: design and methods
Kelly J. Rohan, University of Vermont, USA

14:20–14:40  Daylight exposure delay reduces hospitalization length in manic episodes: a multicentric experience
Dario Delmonte, Vita-Salute San Raffaele University, Italia

14:40–15:00  Light-associated perinatal imprinting of circadian clocks: consolidation and “white-box” epidemiological studies of latitude and instability hypotheses of mood disorders and cancer
Thomas C. Erren, University of Cologne, Germany

15:00–15:20  Diurnal variations in the acute response to exercise in the chronic obstructive pulmonary disease
Emilie Chan-Thim, Concordia University, Canada

15:20–16:30  Coffee break

15:20 - 16:30  Poster Session II
Presenter with an odd number will be asked to remain in front of their posters. Posters will be up on Monday and Tuesday.
Tuesday, July 12th, 2011

8:00-9:00  Registration

9:00 - 11:00  Symposium II: Influences of circadian clocks on cognitive functions and psychological well-being  
Chair: Julie Carrier, University of Montreal, Canada

9:00–9:30  Bright light treatment for anxiety  
Shawn Youngstedt, University of South Carolina, USA

9:30–10:00  Circadian rhythms in premenstrual syndrome: impacts for mood disorders  
Diane Boivin, McGill University, Canada

10:00–10:30  Circadian and sleep-wake dependent influences on sleepiness and cognitive performance in young and older adults  
Jeanne Duffy, Harvard Medical School, USA

10:30–11:00  Light sensitivity measured by pupillometry and brain imaging in young and older subjects  
Véronique Daneault, University of Montreal, Canada

11:00-11:20  Coffee break

11:20 – 12:20  Invited Speaker: Modeling and remote sensing of light pollution in heterogeneous environments  
Martin Aubé : University of Sherbrooke, Canada

12:20-14:00  Lunch (on your own)

14:00 - 15:20  Oral Presentations II. Light and Rhythms: Regulation  
Chair: Dr. Raymond Lam, University of British Columbia, Canada

14:00–14:20  Preprohypocretin/prepro-orexin (HCRT) gene: role in mediating individual differences in daytime sleep propensity and nighttime homeostasis during sleep loss  
Namni Goel, University of Pennsylvania, USA

14:20–14:40  Association between melanopsin gene polymorphism and pupillary light response in a Japanese young population  
Shigekazu Higuchi, Kyushu University, Japan
14:40–15:00  Melanopsin gene variations interact with season to predict sleep timing and chronotype
          Kathryn A. Roecklein, University of Pittsburgh, USA

15:00–15:20  A comparison of subjective and polysomnographic sleep onset latencies across circadian and menstrual phases
          Ari Shechter, McGill University, Canada

15:20 - 16:30  SLTBR Annual Business Meeting

19:00  Annual Banquet (at the Montreal University Club)

Wednesday, July 13th, 2011

8:00-9:00  Registration

9:00 - 10:30  Symposium III: Light at the Work Place
                Chair: Marijke Gordijn, University Medical Center Groningen, The Netherlands
                Ybe Meester, University Medical Center Groningen, The Netherlands

9:00–9:30  Blue-enriched light and daylight - a heavy competition
          Celine Vetter, Ludwig-Maximilians-University, Germany

9:30–10:00  Dynamic light in a fast forward rotating shift work environment
            Marijke Gordijn, University Medical Center Groningen, The Netherlands

10:00–10:30  First results of an innovative light device used at night by sawmills workers and patrol officers
              Marc Hébert, Laval University, Canada

10:30-11:00  Coffee break

11:00 - 12:30  Oral Presentations III. Natural and Artificial Light Exposure at Work
                Chair: Marie Dumont, University of Montreal, Canada

11:00–11:20  The relationship between chronotype, sleep, chronic fatigue and natural light exposure in young student workers
              Jeanne-Sophie Martin, Laval University, Canada
11:20–11:40  Daily light exposure and feelings of alertness and vitality: intermediate results of a longitudinal study
Karin Smolders, Eindhoven University of Technology, The Netherlands

11:40–12:00  Tests on solid state lighting for the international space station
George C. Brainard, Thomas Jefferson University, USA

12:00–12:20  Blue enriched room light in the morning enhances daytime alertness and night time sleep
Claudia Stoll, Charité – University Medicine Berlin, Germany

12:20–12:40  Exposure to daylight as well as to blue and red lights at night interact to affect nocturnal performance, subjective sleepiness and biomarker production
Mariana G. Figueiro, Rensselaer Polytechnic Institute, USA

12:40 - 12:50  President’s Closing Remarks
Marc Hébert, Laval University, Canada