

Wednesday, September 2nd, 2026

5. Effect of chronobiology on sleep disorders

Chair: Urs Albrecht

- 09:00–09:20 **Daylight Exposure and Physical Activity: Effects on Sleep and Circadian Timing**
Christine Blume, University of Basel
- 09:30–09:50 **Circadian rhythms disturbance in patients with liver disease**
Sara Montagnese, University of Padova
- 10:00–10:30 **Coffee Break**
- 10:30–10:50 **PER2 phosphorylation and Physiology**
Toru Takumi, Kobe University
- 11:00–11:20 **From screens to coffee cups: effects on circadian timing and sleep in adolescents**
Christian Cajochen, University of Basel
- 11:30–11:40 **Short Talk 5: Riina Takahashi, University of Tokyo**
- 11:40–11:50 **Short Talk 6: Koji Ode, University of Tokyo**
- 11:50–13:00 **Lunch**

6. Effect of chronobiology on brain and neurocognition

Chair: Hans-Peter Landolt

- 13:00–13:20 **Summer Light and Winter Night: The Effect of Seasonal Variations in Photoperiod on Mood and Social Behaviour**
Nayantara Santhi, Northumbria University
- 13:30–13:50 **Temporal drift of sleep-wake representations in hypothalamic neuronal ensembles, University of Bern**
Yudong Yan, University of Bern
- 14:00–14:20 **The role of salt-inducible kinase-led presynaptic networks in regulating sleep/wake time**
Aarti Jagannath, University of Oxford
- 14:30–14:50 **Circadian rhythms and performance: implications for safety at work and on the road**
Clare Anderson, University of Birmingham
- 15:00–15:15 **Closing remarks**
- Farewell**
Charna Dibner & Urs Albrecht

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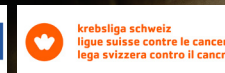
September 1&2 2026

Maurice E. Müller Auditorium, Inselspital, 3010 Bern

1st international Workshop on Chronobiology and Chronomedicine



Organizers:
Berna Özdemir
Urs Albrecht
Charna Dibner
Christoph Scheiermann
Hans-Peter Landolt



PROGRAM

Tuesday, September 1st 2026

1. Rationale for considering chronobiology for research and clinical practice

Chairs: Berna Özdemir & Urs Albrecht

- 08:30 **Welcoming remarks**
Berna Özdemir, Inselspital, University of Bern
- 08:40–09:10 **Keynote lecture: What is circadian medicine – the past, present and future**
Francis Lévi, University of Paris Saclay
- 09:20–09:50 **Keynote lecture: Why do we sleep? The Role of Calcium and Phosphorylation in Sleep**
Hiroki Ueda, University of Tokyo
- 10:00–10:30 **Coffee break**

2. The Importance of Being Rhythmic: Keeping Metabolism in Synchrony

Chair: Charna Dibner & Claudiane Guay

- 10:30–10:50 **The circadian timing system and endocrine health**
Dirk Jan Stenvers, UMC Amsterdam
- 11:00–11:20 **Time zones of liver metabolism**
Felix Naef, EPFL Lausanne
- 11:30–11:50 **Personalized schedules for time-restricted eating**
Tinh-Hai Collet, HUG, Geneva
- 12:00–12:20 **Molecular biomarkers for detecting the clock**
Achim Kramer, Charité University of Berlin
- 12:30–12:40 **Short Talk 1: Georgia Katsioudi, University of Geneva**
- 12:40–12:50 **Short Talk 2: Tomaž Martini, University of Maribor**
- 12:50–14:00 **Lunch break**



3. Effect of chronobiology on immunity/infectious diseases

Chair: Christoph Scheiermann

- 14:00–14:20 **Effect of long-COVID on sleep patterns**
Ambra Stefani, University of Innsbruck
- 14:30–14:50 **Temporal programs in neutrophils and tumor-associated macrophages in lung cancer**
Maria Casanova-Acebes, CNIO, Madrid
- 15:00–15:20 **Inflammation on schedule: the circadian control of NLRP3 as therapeutic key**
Anne-Laure Huber, INSERM, Lyon
- 15:30–15:50 **Immediate time-of-day dependent leukocyte changes upon lung infection**
Zeynep Melis Gül, University of Geneva
- 15:50–16:30 **Coffee break**

4. Effect of chronobiology on cancer biology and treatment

Chair: Berna Özdemir

- 16:30–16:50 **Circadian variation in activity of drug metabolising enzymes**
Alper Okyar, Istanbul University
- 17:00–17:20 **Circadian effects on cancer treatments**
Ruben Bill, University of Bern
- 17:30–17:50 **Clinical trial design for chronotherapies**
Linda Grässl, Göttingen University
- 18:00–18:20 **Treatment time and circadian genotype interact to influence radiotherapy side-effects**
Christopher Talbot, University of Leicester
- 18:30–18:40 **Short Talk 3: Beliz Bahar Karaoglan, Ankara University**
- 18:40–18:50 **Short Talk 4: Adrian Granada, GranadaScientific, Berlin**