SUNDAY, FEBRUARY 21
Arrival and Registration

MONDAY, FEBRUARY 22
Welcome and Keynote Address
Eve Van Cauter, University of Chicago, USA
Health Consequences of Behavioral and Pathological Disruptions of the Circadian System

Circadian Rhythms and Chronic Disease Risk: Population Studies
Kristen L. Knutson, Northwestern University, USA
Behavioral Chronotype: Implications for Metabolic Health in Population Studies
Richa Saxena, Massachusetts General Hospital, USA
Genetic Links between Sleep and Circadian Regulation and Chronic Disease Risk
Céline Vetter, University of Colorado Boulder, USA
Shift Work and Risk of Coronary Heart Disease
Short Talk(s) Chosen from Abstracts

Sleep and Circadian Disturbances: Impact on Obesity Risk
Marie-Pierre St-Onge, Columbia University, USA
Sleep Duration, Energy Balance, and Obesity Risk
Jonathan Cedernaes, Northwestern University, USA
Circadian Regulation of Appetite
Kenneth P. Wright, University of Colorado, Boulder, USA
Light Exposure and Metabolism
Short Talk(s) Chosen from Abstracts

Poster Session 1

TUESDAY, FEBRUARY 23
Sleep and Circadian Disturbances: Impact on Cardio-Metabolic Risk
Frank A.J.L. Scheer, Harvard Medical School, USA
Circadian Misalignment, Cardiometabolic Risk, and Countermeasures
Sirimon Reutrakul, University of Illinois College of Medicine, USA
Impact of Circadian and Sleep Factors in Risk and Severity of Diabetes
Linda W. van Laake, University Medical Center Utrecht, Netherlands
Role of Circadian Rhythms in Cardiovascular Injuries and Regeneration
Aaron D. Laposky, NHLB, National Institutes of Health, USA
Roles of Sleep and Circadian Disruption in Mediating Disparities in Cardiovascular Health
Speaker to be Announced
Short Talk(s) Chosen from Abstracts

Sleep Duration, Circadian Rhythms and Cancer
Paolo Sassone-Corsi, University of California, Irvine, USA
Links between Circadian Rhythms, Epigenetics and Cancer
Eva Schernhammer, Harvard Medical School, USA
Circadian Misalignment and Cancer Risk
Russel J. Reiter, University of Texas Health Science Center at San Antonio, USA
Antioxidant Functions of Melatonin: Therapeutic Implications
Short Talk(s) Chosen from Abstracts

Poster Session 2

WEDNESDAY, FEBRUARY 24
Sleep and Circadian Rhythms and Brain Health
Pete Bils, Sleep Number Corporation, USA
SleepIQ Smart Bed
Erik S. Musiek, Washington University, USA
Circadian Clocks in Neuroinflammation and Neurodegenerative Disease
Christian Benedict, Uppsala University, Sweden
Acute and Long-Term Effects of Night Shift Work on Brain Health and Cognitive Function
Speaker to be Announced
Short Talk(s) Chosen from Abstracts

Chrono-Nutrition, Chrono-Exercise and Health
Marta Garaulet Aza, University of Murcia, Spain
Food Timing and Weight Loss
Jonathan Johnston, University of Surrey, UK
Meal Timing Regulates the Human Circadian System
Erin C. Hanlon, University of Chicago, USA
Circadian Rhythms of the Endocannabinoid System and Food Intake
Short Talk(s) Chosen from Abstracts

Chronotherapeutics: Pharmacology, Behavior and Environment
Satchidananda Panda, The Salk Institute for Biological Studies, USA
Training the Circadian Clock and Clocking the Drugs
Ramon C. Hermida, University of Vigo, Spain
Timing of Antihypertensive Drug Ingestion: An Example of Chronotherapy to Reduce Cardiovascular and Other Risks
Ari Shechter, Columbia University, USA
Bright Light Therapy and Nocturnal Blue Light Avoidance for Sleep, Mood, and Fatigue
Short Talk(s) Chosen from Abstracts

Meeting Wrap-Up: Outcomes and Future Directions (Organizers)
KEYSTONE SYMPOSIA
on Molecular and Cellular Biology

Sleep and Circadian Biology - Maintaining Tempo for Optimal Health (B3)
February 21-24, 2021 • Granlibakken Tahoe • Tahoe City, CA, USA
Scientific Organizers: Marie-Pierre St-Onge, Eve Van Cauter, Christian Benedict and Jonathan Cedernaes
Supported by the Directors’ Fund


Departure