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
Sririmol 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, NHLBI, 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

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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

Meeting Wrap-Up: Outcomes and Future Directions (Organizers)

THURSDAY, FEBRUARY 25
Departure