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

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
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

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, 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

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

THURSDAY, FEBRUARY 25
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