

# 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

Scholarship Deadline: November 3, 2020 / Abstract Deadline: November 18, 2020 / Discounted Registration Deadline: December 15, 2020

### 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 Bills**, 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)

### THURSDAY, FEBRUARY 25

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Departure