

KEYSTONE SYMPOSIA

on Molecular and Cellular Biology

Sleep & Circadian Rhythms: Pillars of Health (EK21)

February 25-25, 2021 • Virtual at your computer

Scientific Organizers: Marie-Pierre St-Onge, Eve Van Cauter, Christian Benedict and Jonathan Cedernaes

Sponsored by Astellas Pharma Inc. and Novo Nordisk A/S

THURSDAY, FEBRUARY 25

Welcoming Remarks (9am Denver/Mountain Time Start)

***Eve Van Cauter**, University of Chicago, USA

Session Chair

Circadian Rhythms and Chronic Disease Risk: Population Studies (9:10am Denver/Mountain Time Start)

***Marie-Pierre St-Onge**, Columbia University, USA

Session Chair

***Eve Van Cauter**, University of Chicago, USA

Session Chair

Eva Schernhammer, Harvard Medical School, USA

Circadian Misalignment and Cancer Risk

Erin C. Hanlon, University of Chicago, USA

Circadian Rhythms of the Endocannabinoid System and Food Intake

Céline Vetter, XIMES GmbH, Austria

Shift Work and Risk of Coronary Heart Disease

Jonathan Cedernaes, Northwestern University, USA

Circadian Regulation of Appetite

Nour Makarem, Columbia University, USA

Timing and Regularity of Eating Patterns: Emerging Determinants of Cardiometabolic Health

Hassan Dashti, Massachusetts General Hospital, USA

Genetics Determinants of Food Timing

Sleep and Circadian Disturbances (11:20am Denver/Mountain Time Start)

***Jonathan Cedernaes**, Northwestern University, USA

Session Chair

***Christian Benedict**, Uppsala University, Sweden

Session Chair

Ari Shechter, Columbia University, USA

Reducing Short Wavelength ("blue") Light Exposure at Night: A Chronotherapeutic Approach to Improve Sleep

Christopher Depner, University of Utah, USA

Developing Biomarkers of Sleep and Circadian Disruption and Related Metabolic Impairments

Ashley Ingiosi, Washington State University, USA

Of Sleep and Stars: Defining a Role for Astrocytes in Sleep and Sleep Homeostasis

Christine Blume, University of Basel, Switzerland

When the Girdle of Social Timing Relaxes - Effects of the COVID-19 'lockdown' on Human Rest-Activity Rhythms and Sleep

Xiao Tan, Uppsala University, Sweden

Diurnal Blood Pressure Pattern and Risk of Dementia in Older Men: A Longitudinal Study Over 24 Years

Elie Gottlieb, University of Melbourne, Florey Institute of Neuroscience & Mental Health, Australia

Non-Apnea Sleep-Wake Impairment in Stroke: A Neglected Modifiable Risk Factor and Sequela

Closing Remarks (1:20pm Denver/Mountain Time Start)

Networking Lounge (1:30pm Denver/Mountain Time Start)