

Meeting Program

November 2, 2026

Session 1: From Foundations to the Clinic: Diagnosing and Treating Circadian Disorders			
Chairs	*Co-Chair: Joshua Gooley, PhD (Singapore)*	*Co-Chair: Tsuyoshi Kitajima, MD, PhD (Japan)*	
08:45 – 09:00	Welcome IACHC President	Charles A Czeisler, PhD, MD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
09:00 – 09:10	Vice President of Juntendo University Welcome Address	Nobutaka Hattori, MD, PhD	Juntendo University, Bunkyo-Ku, Tokyo, Japan
09:10 – 09:25	Fundamentals of Circadian Rhythms in Medicine	Frank AJL Scheer, PhD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
09:25 – 09:40	Foundations of Circadian Medicine	Achim Kramer, PhD	Charité – Universitätsmedizin Berlin, Berlin, Germany
09:40 – 10:00	Assessing Circadian Phase of Clinical Patients	Jeanne F Duffy, PhD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
10:00 – 10:20	Delayed Sleep-Wake Phase Disorder: Diagnosis & Treatment	Shantha W Rajaratnam, PhD	Monash University, Melbourne, Australia
10:20 – 10:40	Advanced Sleep-Wake Phase Disorder and Irregular Sleep-Wake Rhythm Disorder	Sabra M Abbott, MD, PhD	Northwestern University Feinberg School of Medicine, Chicago, USA
10:40 – 11:00	Shift Work & Jet Lag	Diane Boivin, MD, PhD	McGill University / Douglas Research Centre, Montreal, Canada
11:00 – 11:20	Non-24-Hour Disorder	Jonathan Emens, MD	Oregon Health & Science University, Portland, Oregon, USA
11:20 – 11:40	*Coffee Break*		

Session 2: Putting Circadian Medicine into Practice: Interventions in Care Settings and New Concepts			
Chairs	*Co-Chair: Catia Reis, PhD (Portugal)*	*Co-Chair: Kazuhiro Yagita, MD, PhD (Japan)*	
11:40 – 12:00	Light in Care Homes	Shadab Rahman, PhD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
12:00 – 12:20	Cycled Light in NICU & ICU	Charles A Czeisler, PhD, MD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
12:20 – 12:40	Chronopharmacology	John Hogenesch, PhD	Cincinnati Children's Hospital Medical Center, University of Cincinnati, Cincinnati, USA
12:40 – 13:00	The Need for Chrono-Medical Concepts	Till Roenneberg, PhD	LMU Munich / Chronsulting, Munich, Germany
13:00 – 14:00	*Lunch*		

Session 3: Measuring Circadian Rhythms and Practicing Chronobiology in the Clinic			
Chairs	*Co-Chair: Christian Cajochen, PhD (Switzerland)*	*Co-Chair: Joey Wing-Yan Chan, MD (China)*	
14:00 – 14:30	Data Collection Methods for Circadian Medicine Uses	Elizabeth B Klerman, MD, PhD	Harvard Medical School / Brigham and Women's Hospital, Boston, USA
14:30 – 15:00	Clinical Chronobiology Medicine in Japan	Ken-ichi Honma, MD, PhD	Hokkaido University, Sapporo, Japan
15:00 – 15:30	*Poster Set-Up and Coffee Break*		

Session 4: Circadian Rhythms in Adolescents and Plenary Address			
Chairs	*Co-Chair: Achim Kramer, PhD (Germany)*	*Co-Chair: Kazuhiko Kume, MD, PhD (Japan)*	
15:30 – 16:00	What helps and what hurts in patient journey: insights from a real world insomnia and circadian clinic	Bei Bei, PhD	Monash University, Melbourne, Australia
16:00 – 16:45	Deciphering the Mysteries of Sleep: Toward the Molecular Substrate for "Sleepiness"	Masashi Yanagisawa, MD, PhD	University of Tsukuba, Tsukuba, Japan
16:45 – 17:45	Poster Session		
18:00	*Banquet and Abstract Award Ceremony*		

November 3, 2026

Session 5: How Light, Screens and Genes Shape Human Circadian Timing			
Chairs	*Co-Chair: Diane Boivin, MD, PhD (Canada)*	*Co-Chair: Yuichi Esaki, MD, PhD (Japan)*	
09:00 – 09:30	Evening Light Exposure and Human Circadian Rhythms	Kenneth P. Wright, Jr, PhD	University of Colorado Boulder, Boulder, USA
09:30 – 10:00	From Screens to Coffee Cups: Effects on Circadian Timing and Sleep in Adolescents	Christian Cajochen, PhD	University of Basel / Psychiatric University Hospital Basel, Basel, Switzerland
10:00 – 10:30	Genetics of Human Circadian Rhythms Traits	Angus C Burns, PhD	Harvard Medical School / Brigham and Women's Hospital, Boston, USA

Session 6: Short Talks I – Light, Circadian Phase and Sleep: From Measurement to Intervention			
Chairs	*Co-Chair: Angus Burns, PhD (USA)*	*Co-Chair: Qinye Zhu, MD, PhD (Japan)*	
10:30 – 10:40	Adolescents with a later chronotype wake up at an earlier circadian phase during the school week	Joshua Gooley, PhD	Duke-NUS Medical School, Singapore
10:40 – 10:50	Attenuated Melanopsin-Mediated Pupillary Response is Associated with Longer Polysomnographic Sleep Onset Latency	Joey Wing-yan Chan, MBChB	The Chinese University of Hong Kong, Hong Kong SAR, China
10:50 – 11:00	Tailored Sleep Counselling in High School Students: Circadian and Attendance Outcomes	Akiyoshi Shimura, MD, PhD	Tokyo Medical University, Tokyo, Japan
11:00 – 11:30	*Coffee Break*		

Session 7: Circadian Disruption in Shift Work and New Tools for Contactless Monitoring			
Chairs	*Co-Chair: Jeanne Duffy, MBA, PhD (USA)*	*Co-Chair: Jee Hyun Kim, MD, PhD (Korea)*	
11:30 – 12:00	Investigating the Effects of Shift Work Schedules	Kazuhiro Yagita, MD, PhD	Kyoto Prefectural University of Medicine, Kyoto, Japan
12:00 – 12:30	Contactless Monitoring of Sleep and Circadian Rhythms: Potential and Pitfalls	Kiran Ravindran, PhD	University of Surrey, Guildford, England

Session 8: Short Talks II – Circadian Disruption at Work and Its Health Consequences			
Chairs	*Co-Chair: Amy Reynolds, PhD (Australia)*	*Co-Chair: Akiyoshi Shimura, MD, PhD (Japan)*	
12:30 – 12:40	Rotational Shift Work at 71°N: Effects Across Two Seasons	Fred Haugen, PhD	National Institute of Occupational Health (STAMI), Oslo, Norway
12:40 – 12:50	Single-Sample Molecular Estimation of Dim Light Melatonin Onset Before and After a Submarine Mission: Agreement Between Transcriptomic and Metabolomic Methods	Cátia Reis, PhD	Faculty of Medicine, University of Lisbon, Lisbon, Portugal
12:50 – 13:00	Association of Daytime and Nighttime Light Exposure with Longitudinal Change in BMI and Obesity Status in the UK Biobank	Ioannis Lempesis, MD, PhD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA
13:00 – 14:00	*Lunch*		

Session 9: Beyond Sleep: Circadian Biology of the Gut, Pain and Olfaction			
Chairs	*Co-Chair: Frank Scheer, PhD (USA)*	*Co-Chair: Akifumi Kishi, PhD (Japan)*	
14:00 – 14:30	The Chronobiology of the Gut Barrier and Microbiome in Ulcerative Colitis	Garth Swanson, MD	Medical University of South Carolina, Charleston, USA
14:30 – 15:00	Light Beyond Circadian Rhythmicity: Novel Effects on Pain and Olfaction	Claude Gronfier, PhD	Université Claude Bernard Lyon 1 / Inserm, Lyon, France
15:00 – 15:30	Chrononutrition in Clinical Practice	Marta Garaulet, PhD	University of Murcia, Murcia, Spain
15:30 – 16:00	*Coffee Break*		

Session 10: Short Talks III – Circadian Biomarkers of Aging, Alzheimer's Disease and Cognition			
Chairs	*Co-Chair: Dayna Johnson, PhD (USA)*	*Co-Chair: Daniel Blum, PhD (China)*	
16:00 – 16:10	Wearable phenotyping of 24-hour sleep–wake organization reveals distinct signatures of cognitive aging	Akifumi Kishi, PhD	Graduate School of Education, The University of Tokyo, Tokyo, Japan
16:10 – 16:20	Sex and APOE4 genotype interact to modify core body temperature and its relationship to Alzheimer's disease biomarkers in older adults	Esther Blessing, MD, PhD	New York University, New York, USA
16:20 – 16:30	Core body temperature rhythms are structurally disrupted in Down syndrome and correlate with cognitive impairment in Down syndrome–associated Alzheimer's disease	Joaquin Ruiz, PhD	NYU Langone Health, New York, USA

Session 11: Resetting the Clock with Medication, Panel Discussion and Closing			
Chairs	*Co-Chair: Sabra Abbott, MD, PhD (USA)*	*Co-Chair: Yujiro Yamanaka, PhD (Japan)*	
16:30 – 17:00	Aripiprazole's Possible Resetting Effect on Circadian Rhythm Sleep-Wake Disorders	Tsuyoshi Kitajima, MD, PhD	Fujita Health University, Toyoake, Japan
17:00 – 17:45	Panel Discussion: From Concepts to Care	Diane Boivin, MD, PhD, Shantha Rajaratnam, PhD, Kazuhiko Kume, MD, PhD, Daniel Blum, PhD	Canada, Australia, China & Japan
17:45 – 18:00	Closing Remarks	Charles A Czeisler, PhD, MD	Brigham and Women's Hospital, Harvard Medical School, Boston, USA