

Chronobiology meets sleep: from animal to human research

Location: Wassenaarseweg 52, Pieter de la Court gebouw, Leiden
ROOM: SB11

Date: 9 May 2023

Time: 13:00-18:30

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| 13:00-14:00 | General meeting for NSWO members (ALV) only |
| | Symposium start: |
| 14:00-14:05 | Welcome - Ysbrand van der Werf / Niki Antypa |
| 14:05-14:30 | <i>An old clock facing modern times</i> - Joke Meijer |
| 14:30-14:50 | <i>Human chronobiology in the lab and in the field: from molecular rhythms to sleep-wake behaviour</i> - Laura Kervezee |
| 14:50-15:00 | <i>BioCLOCK consortium overview</i> - Joke Meijer & Laura Kervezee |
| 15:00-15:30 | BREAK (coffee/tea) |
| 15:30-15:45 | <i>The effect of photoperiod during development on rest-activity cycles and sleep in male and female mice</i> - Rick van Dorp |
| 15:45-16:00 | <i>Circadian rhythms and sleep in the intensive care unit</i> - Floor Heimstra |
| 16:00-16:15 | <i>The "i-sleep & BioClock intervention": results from a pilot trial in students</i> - Laura Pape |
| 16:15-16:40 | Panel Discussion with LUMC experts: 'how chronobiology can help sleep research and vice versa' - Joke Meijer, Laura Kervezee, Rolf Fronczek, Tom de Boer |
| 16:40-17:00 | Chronobiology exercise - Laura Kervezee |
| 17:00-17:10 | NSWO Young Talent Funds |
| 17:10-18:30 | Borrel / drinks 😊 |