

September 1&2 2026

Maurice E. Müller Auditorium, Inselspital, 3010 Bern

1st international Workshop on Chronobiology and Chronomedicine



Organizers:

Berna Özdemir

Urs Albrecht

Charna Dibner

Christoph Scheiermann

Hans-Peter Landolt



krebsliga schweiz
ligue suisse contre le cancer
lega svizzera contro il cancro



PROGRAM

Tuesday, September 1st 2026

1. Rationale for considering chronobiology for research and clinical practice

Chairs: Berna Özdemir & Urs Albrecht

- 08:30 **Welcoming remarks**
Berna Özdemir, Inselspital, University of Bern
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- 08:40–09:10 **Keynote lecture: What is circadian medicine – the past, present and future**
Francis Lévi, University of Paris Saclay
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- 09:20–09:50 **Keynote lecture: Why do we sleep?**
The Role of Calcium and Phosphorylation in Sleep
Hiroki Ueda, University of Tokyo
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- 10:00–10:30 **Coffee break**
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2. The Importance of Being Rhythmic: Keeping Metabolism in Synchrony

Chair: Charna Dibner

- 10:30–10:50 **The circadian timing system and endocrine health**
Dirk Jan Stenvers, UMC Amsterdam
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- 11:00–11:20 **Time zones of liver metabolism**
Felix Naef, EPFL Lausanne
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- 11:30–11:50 **Personalized schedules for time-restricted eating**
Tinh-Hai Collet, HUG, Geneva
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- 12:00–12:20 **Molecular biomarkers for detecting the clock**
Achim Kramer, Charité University of Berlin
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- 12:30–12:40 **Short Talk 1: Georgia Katsioudi, University of Geneva**
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- 12:40–12:50 **Short Talk 2: Tomaž Martini, University of Maribor**
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- 12:50–14:00 **Lunch break**
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Free registration,
closes
August 24th

3. Effect of chronobiology on immunity/infectious diseases

Chair: Christoph Scheiermann

14:00–14:20 **Effect of long-COVID on sleep patterns**

Ambra Stefani, University of Innsbruck

14:30–14:50 **Temporal programs in neutrophils and tumor-associated macrophages in lung cancer**

Maria Casanova-Acebes, CNIO, Madrid

15:00–15:20 **Inflammation on schedule: the circadian control of NLRP3 as therapeutic key**

Anne-Laure Huber, INSERM, Lyon

15:30–15:50 **Immediate time-of-day dependent leukocyte changes upon lung infection**

Zeynep Melis Gül, University of Geneva

15:50–16:30 **Coffee break**

4. Effect of chronobiology on cancer biology and treatment

Chair: Berna Özdemir

16:30–16:50 **Circadian variation in activity of drug metabolising enzymes**

Alper Okyar, Istanbul University

17:00–17:20 **Circadian effects on cancer treatments**

Ruben Bill, University of Bern

17:30–17:50 **Clinical trial design for chronotherapies**

Linda Grässl, Göttingen University

18:00–18:20 **Treatment time and circadian genotype interact to influence radiotherapy side-effects**

Christopher Talbot, University of Leicester

18:30–18:40 **Short Talk 3: Beliz Bahar Karaoglan, Ankara University**

18:40–18:50 **Short Talk 4: Adrian Granada, University of Berlin**

Wednesday, September 2nd, 2026

5. Effect of chronobiology on sleep disorders

Chair: Urs Albrecht

- 09:00–09:20 **Daylight Exposure and Physical Activity: Effects on Sleep and Circadian Timing**
Christine Blume, University of Basel
- 09:30–09:50 **Circadian rhythms disturbance in patients with liver disease**
Sara Montagnese, University of Padova
- 10:00–10:30 **Coffee Break**
- 10:30–10:50 **PER2 phosphorylation and Physiology**
Toru Takumi, Kobe University
- 11:00–11:20 **From screens to coffee cups: effects on circadian timing and sleep in adolescents**
Christian Cajochen, University of Basel
- 11:30–11:40 **Short Talk 5: Riina Takahashi, University of Tokyo**
- 11:40–11:50 **Short Talk 6: Koji Ode, University of Tokyo**
- 11:50–13:00 **Lunch**

6. Effect of chronobiology on brain and neurocognition

Chair: Hans-Peter Landolt

- 13:00–13:20 **Summer Light and Winter Night: The Effect of Seasonal Variations in Photoperiod on Mood and Social Behaviour**
Nayantara Santhi, Northumbria University
- 13:30–13:50 **All optical dissection of the sleeping brain-structure & functions**
Antoine Adamantidis, University of Bern
- 14:00–14:20 **The role of salt-inducible kinase-led presynaptic networks in regulating sleep/wake time**
Aarti Jagannath, University of Oxford
- 14:30–14:50 **Circadian rhythms and performance: implications for safety at work and on the road**
Clare Anderson, University of Birmingham
- 15:00–15:15 **Closing remarks**
- Farewell**
Charna Dibner & Urs Albrecht