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ONLINE EVENT

Current Topics in Sleep & Circadian Health

Innovation in light and visual exposure logging

Clocks beyond 24 hours

Emerging sleep technology and digital health

Sleep and women's health

Tuesday
21 Oct 2025
1100 CET
Altug Didikoglu Izmir Institute of Technology

Monday
27 Oct 2025
1700 CET
Leonie Maurer mementor DE GmbH
*Emerging sleep technologies in practice:
Digital CBT for insomnia and the German
DiGA model*

Monday
3 Nov 2025
1100 CET
Michael Gradisar Sleep Cycle
Minimise the blues or enhance the 'reds'?

Monday
10 Nov 2025
1700 CET
Charlotte Helfrich-Förster University of
Würzburg
Lunar clocks in animals and humans

Monday
17 Nov 2025
1700 CET
Anna Biller Technical University of Munich
*Determinants of healthy sleep and light
exposure behaviour: Real-world evidence for
personalised prevention*

Monday
24 Nov 2025
1700 CET
Sara Mednick University of California, Irvine
*Does the menstrual cycle impact sleep and
memory?*

Monday
1 Dec 2025
1700 CET
Kai Broszio Federal Institute for
Occupational Safety and Health (BAuA)

Monday
8 Dec 2025
1700 CET
Sietse de Vries Eindhoven University of
Technology
*Can body-worn dosimeters serve as reliable
proxies for measuring eye-level light
exposure?*

Monday
15 Dec 2025
1700 CET
Erik Page Blue Iris Labs
*How light exposure data can be used to
improve health and wellness*

Monday
12 Jan 2026
1700 CET
Ali Rahjouei Charité – Universitätsmedizin
Berlin
*Measuring personal light exposure:
Challenges and innovations*

Monday
19 Jan 2026
1700 CET
Lieve van Egmond University Clinic Tübingen
Sleep in transgender individuals

Monday
26 Jan 2026
1700 CET
Suzanne Bertisch Brigham and Women's
Hospital & Harvard Medical School



TRANSLATIONAL SENSORY &
CIRCADIAN NEUROSCIENCE
UNIT



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