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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