



Spring Symposium:

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

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 😊