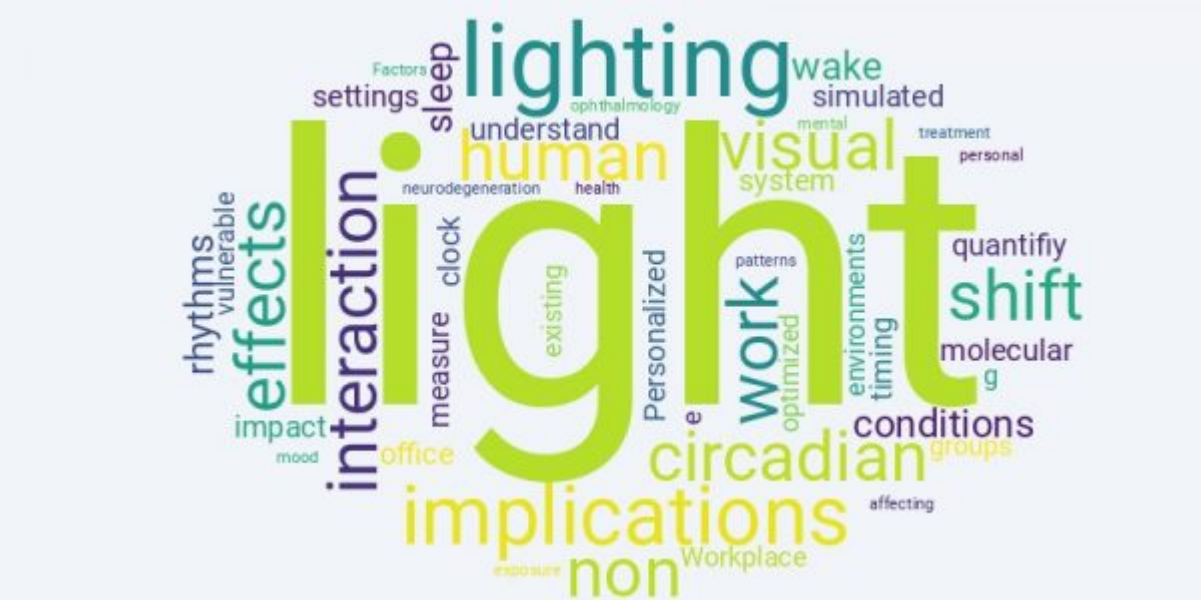
Light and Chronobiology

FREE online Continuous Education Course

'Light and Chronobiology', Nov/Dec 2025



What are the goals of this course?

- The course will provide a comprehensive understanding of the role of daylight in human behaviour, molecular biology, psychophysiology, neuroendocrinology and clinical applications
- The course will highlight the importance of daylight in the built environment for office users, schoolchildren or the elderly in care homes
- The course will inform about: personal light exposure behaviour and consequences, the impact of light on mental health

The course is open to all.

The course will be held online at 3pm (CET). Duration is 45 Min plus 15 Min Q&A

Please register here

Program

Speaker	Title	Date (3pm CET)
Urs Albrecht, PhD	The molecular circadian clock and its interaction with light	4/11/2025
Christian Cajochen, PhD	The human circadian timing system and its interaction with light	6/11/2025
Manuel Spitschan, PhD	How to measure and quantifiy light to understand its non-visual impact on humans	13/11/2025
Leilah Grant, PhD	Non-visual applications of light in shift work and other settings	18/11/2025
Oliver Stefani, PhD	Workplace lighting: from existing conditions to optimized environments.	20/11/2025
Mirjam Münch, PhD	Light and its implications for sleep-wake rhythms in vulnerable groups	25/11/2025
Corrado Garbazza, MD, PhD	Light as a treatment for mental health conditions: implications for mood and sleep-wake rhythms	27/11/2025
Markus Canazei, PhD	Personalized lighting and non-visual effects in simulated office settings and clinics	02/12/2025
Juliëtte van Duijnhoven, PhD	Personal light exposure in the built environment: causes and guidance	4/12/2025

The course is organized by the integrative Human Circadian Daylight Platform (iHCDP, see: www.ihcdp.org)

For questions: please contact: mirjam.muench@unibas.ch