



At the Intersection of Biological and Psychological Time

September 17 – 2026

Venue: Aarhus University, ALAS, Høegh-Guldbergs Gade 6B, DK-8000, Aarhus C

PROGRAM OVERVIEW (9:00 – 5:00)

- 9:00 - 10:00** REGISTRATION + BREAKFAST
- 10:00 - 10:15** WELCOME by Ali Amidi, Sleep & Circadian Psychology Research Unit (SCaPE), AU
- 10:15 - 11:15** **KEYNOTE I: Prof. Christian Cajochen (Basel University)**
 “Keeping Time: How Light Entrain the Human Clock” (chair Ali Amidi)

11:15-12:30 INVITED SPEAKERS SESSION: “TIME IN BODY” (chair Lisa M. Wu)

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| 11:15 - 11:30 | Clara Albinana, PhD
Uni. of Oxford / AU | “Biobank-scale Prediction of Circadian Phase from Blood Biomarkers” |
| 11:30 - 11:45 | Kirstin MacGregor, PhD
Copenhagen University | “Tissue Specific Molecular Signatures of Time-of-Day Exercise in Type 2 Diabetes” |
| 11:45 - 12:00 | Jonas Salling, PhD
Steno Diabetes Center
Copenhagen University | “Timing of Food Intake in Prevention and Treatment of Obesity and Type 2 Diabetes” |
| 12:00 - 12:15 | Alisha Guyett, PhD
Aarhus University | “Living Without Daylight: Circadian Disruption and Artificial Light in Submarine Crews” |
| 12:15 - 12:30 | Frederic Gachon, PhD
Aarhus University | “Sex difference in Circadian Rhythmicity” |
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12:30 - 13:15 **LUNCH (INCLUDED)**

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13.15 - 14.15 **KEYNOTE II: Prof. Kathryn Reid (Northwestern University)**
"Time to Intervene: Optimizing Timing for Better Health" (chair Lisa M Wu)

14:15-15:30 INVITED SPEAKERS: TIME IN MIND AND SOCIETY (chair Ali Amidi)

14:15 - 14:30	Henrik Kolstad, PhD Aarhus University	"Does Night Shift Work Increase the Risk of Breast Cancer?"
14:30 - 14:45	Federica Cavaletti, PhD AIAS	"Time Experience Across Different Neurotype"
14:45 - 15:00	Lotte Meinert, PhD Aarhus University	"Time Poetics: Aging and Temporality"
15:00 - 15:15	Jesper Sørensen, PhD Aarhus University	"The Times of Our Time: Socio-Circadian Rhythms and Cooperative Alignment"

15:30 - 17:00 **NETWORKING RECEPTION** – Attendees will have the opportunity to connect informally.

REGISTRATION: 100 DKK, INCLUDES BREAKFAST & LUNCH

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Organized by the **Sleep & Circadian Psychology Research Unit (SCaPe)**

<https://psy.au.dk/en/circadianpsychology>

<https://aias.au.dk/events/show/artikel/the-time-of-our-lives>

