



12th - 13th
JUNE 2023

ASSESSING EVIDENCE IN TRANSLATIONAL CHRONOBIOLOGY

One of the main challenges in translating chronobiology research into clinical practice is the differences in how basic scientists and clinicians evaluate evidence.

The workshop will bring together basic scientists and clinicians to assess translational chronobiology evidence on two specific topics, as one would to produce clinical practice guidelines statements and recommendations. The specific features of further studies that are needed will also be examined.

ORGANISERS

Professor Sara Montagnese,
Chronobiology Section, FHMS

Professor Debra J. Skene,
Chronobiology Section, FHMS



In-person workshop



**Room 02 IFH 01,
Innovation for Health Building,
Stag Hill campus,
University of Surrey**



For more information & Registration:
www.ias.surrey.ac.uk

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Assessing Evidence in Translational Chronobiology
University of Surrey

Time	Activity	Speaker	Chair
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12th June 2023

14:30 to 14:45 BST	Welcome and Registration	Debra J. Skene (University of Surrey, UK)
14:45 to 15:30 BST	Concept and Procedure	Sara Montagnese (University of Surrey, UK)
15:30 to 16:15 BST	Literature Search Results DST	Gianluca Giusti (University of Surrey, UK)
16:15 to 17:00 BST	Literature Search Results School Times	Chiara Mangini (University of Padua, Italy)

13th June 2023

Topic 1: *Do healthy individuals have an increased risk of road traffic accidents during the Daylight Saving Time months (April-October) compared to the standard time months (November-March)?*

9:00 to 9:30 BST	Analysis of the evidence from a Chronobiological perspective	Eva Winnebeck (University of Surrey, UK)	Chair: Jonathan Johnston (University of Surrey, UK)
9:30 - 10:00 BST	Analysis of the evidence from a Transportation perspective	Federico Orsini (University of Padua, Italy)	
10:00 - 11:30 BST	Discussion, vote, production of a recommendation and a statement	Winnebeck, Orsini, Montagnese + Delphi Panel	
11:30 - 12:00 BST	Coffee Break		
12:00 - 13:00 BST	Translational medicine and public health - how to approach stakeholders	David McDaid (LSE, UK)	Chair: Debra J. Skene (University of Surrey, UK)
13:00 - 14:00 BST	Lunch break		

Topic 2: *In high school students, do delayed school times result in longer sleep duration compared to regular schedules?*

14:00 - 14:30 BST	Analysis of the evidence from a Chronobiological perspective	Mary Carskadon (Brown University, US)	Chair: Eva Winnebeck (University of Surrey, UK)
14:30 - 15:00 BST	Analysis of the evidence from an evidence based medicine perspective	Lise Lotte Gluud (University of Copenhagen, Denmark)	
15:00 - 16:30 BST	Discussion, vote, production of a recommendation and a statement	Carskadon, Gluud, Montagnese + Delphi Panel	
16:30 - 17:00 BST	Closing remarks	Debra J. Skene (University of Surrey, UK)	