

## **"SLMBR", Sleep, Light, Melatonin and Biological Rhythms**

The focus will be on the intricate relationship between sleep, exposure to light, the production of melatonin and the regulation of biological rhythms in humans. Particular emphasis will be placed on the photoreceptor-specific effects of light on sleep and melatonin secretion and their translational potential for clinical application in mental and somatic disorders.