Calendar of Events

Washtenaw Psychology Society
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NOVEMBER 2026

FRI
20
NOV

Light, Circadian Rhythms, and Human Health

November 20, 2026 • 12:00 PM – 2:00 PM

Where: , MI

This presentation will review the components of the circadian system (retinal photoreceptors, central pacemaker, peripheral clocks, light, melatonin and the measurement and regulation of circadian rhythms), and the circadian and non-circadian effects of light on sleep and mood. The methodology and results of several clinical trials exploring the use of morning light treatment on symptoms in chronic disease will al...