Universität Basel
Weiterbildung

WEITERBILDUNG

Course Description

Short Course (WBK) *online*:

Light and Chronobiology

Date: 23.10.2025

1. Basics

This course description, together with the University of Basel's Continuing Education Regulations (WBO) and the Regulations for Continuing Education Studies at the University of Basel (RWS), forms the regulatory basis for this continuing education course.

2. Content

The online continuing education course «Light and Chronobiology» provides an in-depth understanding of the physiological and psychological significance of daylight for humans. It covers the fundamentals and current research findings in the fields of molecular biology, psychophysiology, neuroendocrinology, and their clinical relevance.

There is a particular focus on the role of daylight in the built environment and its influence on health, well-being, and performance – for example, in work environments, educational institutions, and care facilities.

Participants also learn how personal behavior in relation to light affects health and mental well-being – and what opportunities conscious design of (day)light exposure offers.

3. Structure and Duration

This short course takes place weekly and will be held online at 3pm (CET).

Duration : 45 Min plus 15 Min Q&A.

Course starts on: November 4, 2025

Course ends on: December 4, 2025

Program:

Speaker	Title	Date
Urs Albrecht, PhD	The molecular circadian clock and its interaction with light	04/11/2025
Christian Cajochen, PhD	The human circadian timing system and its interaction with light	06/11/2025

Manuel Spitschan, PhD	How to measure and quantifiy light to understand its non-visual impact on humans	11/11/2025
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	04/12/2025

4. Target audience

This is aimed at interested parties and experts from the fields of human biology, psychology, neuroscience, medicine, physics, architecture and construction, and the social sciences.

5. Directors of Studies

Prof. Dr. Christian Cajochen; Universitäre Psychiatrische Kliniken Basel (UPK)

Prof. Dr. Manuel Spitschan; Technische Universität München (TUM)

Dr. habil. Mirjam Münch; Universitäre Psychiatrische Kliniken Basel (UPK)

Dr. med. Dr. sc. med. Corrado Garbazza; Universitäre Psychiatrische Kliniken Basel (UPK)

6. Sponsorship

Continuing-Education Office, University of Basel

7. Terms and Conditions

Conditions of participation: No prior knowledge of the subject area is required. The course will be held in English.

8. Fee

This short course is free of charge

9. Contact and Registration

The course is organized by the integrative Human Circadian Daylight Platform (iHCDP)

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

Registration: please send an email to: mirjam.muench@unibas.ch