

# 2010 Joint Meeting (9月28日・29日)

Research Group of Environmental Physiology in Kyoto University  
Lighting Research Group in JSPA (Japan Society of Physiological Anthropology)

## Access

### 京都大学医学部人間健康科学科までの交通案内

・京阪電車、神宮丸太町駅(5号出入口)から東へ、徒歩5分

・JR京都駅・近鉄京都駅から

市バス:206系統(東山通高野北大路ターミナル行) → 「熊野神社前」下車

地下鉄:丸太町駅下車(→市バス乗り換え)

65系統(岩倉行)、93・204系統(錦林車庫行)、202系統(九条車庫行)

→「丸太町京阪前」下車

・阪急電車河原町駅から

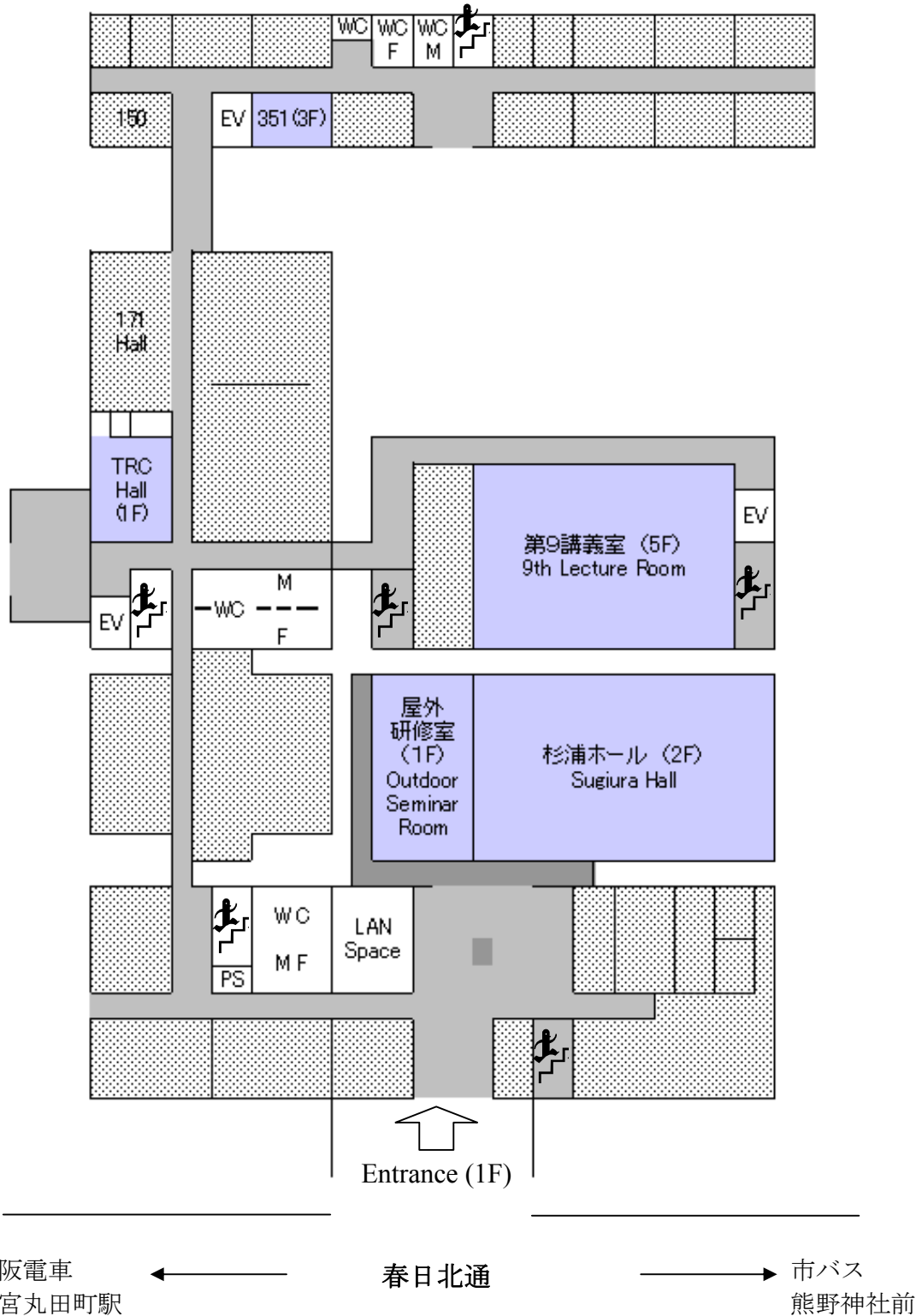
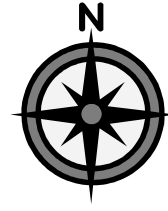
市バス:31系統(岩倉行)、201系統(百万遍行)、203系統(錦林車庫行)

→「熊野神社前」下車



# Floor Plan

京都大学医学部人間健康科学科



## Program

### Tuesday, September 28, 2010

09:30 – 17:30	Symposium	Sugiura Hall
09:30 – 09:35	<b>Opening Message</b>	
09:35 – 11:30	<b>Session I</b> Chair: T. Wakamura	
09:35 – 09:55	<b>Influences of the light intensity, environmental temperature and their cyclic change for the space for sleep</b> M. Kondo, Sekisui House Ltd., Kyoto, Japan	
09:55 – 10:15	<b>Influence of natural solar exposure for 3 hours to immunological parameters and heart rate variability in humans</b> M. Yamashita, Kyoto University Hospital, Kyoto, Japan	
10:15 – 10:35	<b>The investigation of positioning to support activities of vegetative patients</b> K. Suzuki, Kyoto University, Kyoto, Japan	
10:35 – 10:55	<b>Change of hemoglobin concentration in left dorsolateral prefrontal cortex during executive function tasks with functional near-infrared spectroscopy</b> T. Futaki, Kyoto University, Kyoto, Japan	
10:55 – 11:15	<b>Light/Sound/Brain</b> A. Seiyama, Kyoto University, Kyoto, Japan	
11:15 – 11:30	<b>Rapid eye movement (REM)-related prefrontal cortical oxygenation in human REM sleep</b> Y. Kubota, Shiga University, Shiga, Japan	
11:30 – 13:00	Lunch	
13:00 – 14:30	<b>Keynote Presentation</b> (pp. 8-10) Chair: T. Morita  <b>Rhythms in Sleep and Activity</b> J. Waterhouse, Liverpool John Moores University, United Kingdom	
14:30 – 14:45	Tea Break	

<b>14:45 – 16:40</b>	<b>Session II</b> Chair: T. Morita
14:45 – 15:05	<b>Should we enjoy the darkness?</b> <b>–A proposal of lighting for well-being–</b> H. Noguchi, Panasonic Electric Works Co. Ltd., Osaka, Japan (p. 26)
15:05 – 15:25	<b>The independent responses of melanopsin-expressing retinal ganglion cells with the receptor-silent substitution technique</b> Y. Fukuda, Fukuoka Women's University, Fukuoka, Japan (p. 27)
15:25 – 15:45	<b>How to prevent light-induced melatonin suppression in night worker: Application of red visor-cap</b> S. Higuchi, Kyusyu University, Fukuoka, Japan (p. 28)
15:45 – 16:05	<b>Light effects on physiological aspects and its application to a daily life in view of physiological anthropology</b> A. Yasukouchi, Kyusyu University, Fukuoka, Japan (p. 29)
16:05 – 16:25	<b>Effects of lighting on autonomic nervous and central nervous responses under different stress conditions</b> T. Katsuura, Chiba University, Chiba, Japan (P.30)
16:25 – 16:40	( <b>Research Group Message</b> ) T. Morita, Fukuoka Women's University, Fukuoka, Japan (p. 31)
<b>16:40 – 16:45</b>	<b>Closing Message</b>
<b>16:45 – 17:30</b>	<b>Snack Party</b> <b>Outdoor Seminar Room</b>

### Wednesday, September 29, 2010

<b>13:30–15:00</b>	<b>Special Seminar I</b> (pp. 11–18)    Chair: T. Wakamura <b>9<sup>th</sup> Lecture Room</b>
	<b>Biological Rhythm in Occupational Medicine and Clinic</b> J. Waterhouse, Liverpool John Moores University, United Kingdom
15:00–15:15	Tea Break
<b>15:15–16:30</b>	<b>Special Seminar II</b> (p. 19)    Chair: T. Oishi <b>Human Chronobiology – from Sunrise to the New Horizon</b> J. Waterhouse, Liverpool John Moores University, United Kingdom T. Oishi,

## Introduction of Prof. Jim Waterhouse



Jim Waterhouse is Professor of Biological Rhythms at Liverpool John Moores University in UK. He obtained his degrees from the University of Oxford. He has worked in the field of circadian rhythms for 35 years and his interests centre on these rhythms in humans. He has studied the development of such rhythms in the neonate, their deterioration with ageing, and alterations to them after changes in the sleep-wake cycle (during shift work and after time-zone transitions, for example). These interests have required the development of methods to measure circadian rhythms in the field, and to be able to take into account the direct effects caused by sleep and activity. In pursuing these interests, he has worked with many groups all over the world.