

U Park Hotel									
	9:00- 10:00 am	10:00 - 10:30 am	10:30 - 12:00 am	12:00 -am 1:30 pm	1:30 - 3:00 pm	3:00 - 3:30 pm	3:30 - 5:00 pm	6:00 - 10:00 pm	
							Registration (at the U Park Hotel)	Early Researchers Social U Park Hotel Bar	
<div><div>Day 1 September 10</div><div>Registration open at the location (Techno Hall) at 8:30</div></div>	<div><div>Keynote Lecture</div><div>Chair: Takafumi Maeda</div><div>Professor Wouter van Marken Lichtenbelt (Maastricht University, the Netherlands)</div><div>Human thermal adaptation and health: Individual and cultural aspects</div></div>	<div>Coffe break</div>	<div><div>Early Researchers Session</div><div>Chairs: Takahide Akama, Shimura Megumi</div><div>Rinka Miura: An Interventional Study on the Effects of Different Bathing Methods to Physical and Psychological Symptoms Associated with the Menstrual Cycle</div><div>Kokoro Ebina: A study on the relationship between eye movement patterns and ADR during colonoscopy</div><div>Kanon Nakayama: The Influence of thermal sensation and perceived roughness on the perception of “woodiness” and “comfort” of wood</div><div>Takahide Akama: The Effect of Resting with Environmental Sounds on Mental Fatigue Recovery: A Study Considering Individual Mindfulness Tendencies</div></div>	<div><div>Lunch break</div><div>IAPA Executive Lunch RAM meeting room</div></div>	<div><div>Topical Session 1</div><div>Biological Rhythms and Sleep 1</div><div>Chairs: Shigekazu Higuchi, Dominika Kanikowska</div><div>Roelof Hut: The non-visual effects of light: mental performance, sleep and thermoregulation</div><div>Taisuke Eto: Associations between outdoor light at night and chronotype, subjective quantity/quality of sleep: a study using satellite data</div><div>Yujiro Yamanaka: Physical exercise enhances light input to the circadian pacemaker in humans</div></div>	<div>Coffee break</div>	<div><div>Topical Session 2</div><div>Thermoregulation</div><div>Chairs: Joo-Young Lee, Keita Ishibashi</div><div>Takayuki Nishimura: Recent update in cold adaptation studies, and future directions for physiological anthropology</div><div>Joo-Young Lee: Relationships among morphological variables, cardiovascular fitness during exercise, and thermo-physiological responses under passive heat stress according to Sasang typology</div><div>Nadzirah Ikasari Syamsul: Revitalizing Recovery: The Impact of Hyperbaric Oxygen Therapy on Thermoregulation and Heart Rate After Heat Exposure during recovery</div><div>Keneth Bautista Sedilla: Sex-related differences in subjective and autonomic responses preceding thermal behavior through neck cooling during passive exposure to a hot and humid environment</div></div>	<div>Welcome reception</div>	
<div><div>Day 2 September 11</div><div></div></div>	<div><div>Topical Session 3</div><div>Biological Rhythms and Sleep 2</div><div>Chairs: Tomoko Wakamura, Yuki Nishimura</div><div>Heidi M Lammers-van der Holst: PerfectFit@Night: An intervention to enhance sleep, fatigue, and recovery for shift workers in healthcare.</div><div>Dominika Kanikowska: Seasonal Effects on Healthy and Obese Adults: Associations with Selected Hormones and Lifestyle Factors</div><div>Shigekazu Higuchi: A study on ethnic differences in the non-visual and visual effects of light: using pupillary light response and subjective brightness</div></div>	<div><div>10:00 - 10:20: IAPA Assembly</div><div>10:20 - 10:30: Lightning Poster Presentations</div><div>Chair: Can Ozan Tan</div><div>Sawako Sasai: Circadian rhythm entrainment factors and premenstrual syndrome: a cross-sectional study focusing on chronotypes</div><div>Mutsuki Tsuchiya: Development of a Non-Contact Stress-Estimation Method Based on Cardiac Motion Modeling Using Microwave Doppler Radar</div><div>Nuo Xu: Evaluation of Circadian-Relevant Light Output of Commercial Virtual Reality Displays</div><div>Hiroaki Arima: Impact of Persistent Volcanic Activity of Mount Sakurajima on Air Pollution and Mortality Risk in Surrounding Areas, Japan</div></div>	<div><div>Poster Session 1</div><div>Hiroaki Arima: Impact of Persistent Volcanic Activity of Mount Sakurajima on Air Pollution and Mortality Risk in Surrounding Areas, Japan</div><div>Mutsuki Tsuchiya: Development of a Non-Contact Stress-Estimation Method Based on Cardiac Motion Modeling Using Microwave Doppler Radar</div><div>Aoi Watanabe: Non-Contact Identification of Sleep Apnea Using Integrated Cardiac and Respiratory Models on Microwave Doppler Signals</div><div>Dominika Kanikowska: Assessment of chronotype, chrononutrition, lifestyle, and selected salivary and serum biomarkers in patients diagnosed with bladder cancer</div><div>Nuo Xu: Evaluation of Circadian-Relevant Light Output of Commercial Virtual Reality Displays</div><div>Sawaka Sasai: Circadian rhythm entrainment factors and premenstrual syndrome: a cross-sectional study focusing on chronotypes</div><div>Momo Hama: Effects of alcohol consumption and sleep deprivation on psychomotor vigilance task performance: A study in Japanese participants</div><div>Yusuke Nakazawa: Ethnic differences in circadian photo sensitivity of melatonin suppression by light at night</div><div>Joo-Young Lee: Thermoregulatory Responses to Air Temperature of ~5 Celcius at Different Wind Speeds: Significance of Strong Wind in a Mild Cold Environment</div><div>Sayaka Matsuo: Associations of Perceptual temperature sensitivity and Physiological Responses to Temperature Changes with Meteoropathy</div><div>Sachiko Takahashi: Research and experiments on dressing and undressing of upper body clothes</div><div>Akiko Maeda: Clothing, Climate, and Comfort in Daily Life – A yearlong study of thermal conditions and clo values</div></div>	<div>Lunch break</div>	<div><div>Topical Session 4</div><div>Genetics, Growth and Development</div><div>Chairs: Kazuhiro Nakayama, Takayuki Nishimura</div><div>Yuka Ishida: In search of brown fat-related genes that underwent adaptation to cold in Eurasians.</div><div>Nakyeong Shin: Neural Characteristics of Self-Other Distinction in Children: An EEG Study</div><div>Satoshi Mizukami: SNP of FTO was associated with psychological distress among community-dwelling elderly women in Japan.</div><div>Can Ozan Tan: From Genes to Machines: Technoadaptability of the Body—Assemblages for Human and Planetary Health</div></div>	<div>Coffee break</div>	<div><div>Topical Session 5</div><div>Neural and Brain Function</div><div>Chairs: Can Ozan Tan, Yuka Egashira</div><div>Maryam Amir Haeri: The Human Mind's Reflection: How We Engineered Our Own Problem-Solving into AI</div><div>Yuki Motomura: Postural Modulation of Autonomic Activity Alters Heartbeat-Evoked Potentials and Subjective Mood</div><div>Keita Ishibashi: Changes in brain functions under transient cerebral hypoperfusion induced by orthostatic stress</div><div>Yuki Nishimura. An ERP study on the impact of rest patterns during simulated driving on brain activities associated with detecting novel stimuli</div></div>	<div><div>Visit to Grolsch Brewery</div><div>Pick-up Time: 18:00 at U Park Hotel</div><div>Return Time: 21:00 at U Park Hotel</div></div>	
<div><div>Day 3 September 12</div><div></div></div>	<div><div>Keynote Lecture</div><div>Chairs: Yuki Motomura, Nakyeong Shin</div><div>Professor Hugo D. Critchley</div><div>(Trafford Centre for Medical Research, University of Sussex, UK)</div><div>How our bodily state shapes the way we perceive the world</div></div>	<div>Coffee break</div>	<div><div>Poster Session 2</div><div>Megumi Nishikawa: The relationship between the severity of premenstrual symptoms and lifestyle factors related to circadian rhythm entrainment in Japanese women</div><div>Shiyori Takamine: Human pupil response to light flickering of different frequencies under the equivalent ipRGCs stimulus dose</div><div>Yui Matsuyama: Selective Effects of Sleep on Emotional Habituation and Generalization</div><div>Sayaka Uji: Lifestyle Factors Associated with Sleep Duration and Daytime Sleepiness in Japanese Elementary School Children: Focus on Japanese-Style Bathing</div><div>Yuki Ikeda: Neural Activity During Foot Perception Varies with Visual Perspective: An EEG Study</div><div>Yuka Egashira: Time Perception in Adults with ADHD, ASD, and ADHD+ASD Comorbidity</div><div>Yoshihito Tomita: Association between fear of falling and mental health among Japanese orthopedic outpatients.</div><div>Megumi Shimura: Longitudinal Analysis of Muscle Activation Patterns During Repeated Motor Task Practice</div><div>Kentaro Nishiyama: Immediate Effects of Consecutive Rebound Jump Training with Calf Muscle Electromyostimulation on Jump Performance in Track and Field Jumpers</div><div>Chikako Yoshino: Investigation by grasping classification according to the opposing ratio of the thumb and 4 fingers</div><div>Xinxin Liu: Differences in cardiovascular responses during city and highway driving in a simulator</div></div>	<div>Lunch break</div>	<div><div>Topical Session 6</div><div>Public and Planetary Health</div><div>Chairs: Yuko Tsunetsugu, Akira Yasukouchi</div><div>Taro Yamauchi: Child Health Risks Associated with Household Water and Hygiene Practices in Densely Populated Urban Indonesia</div><div>Rie Goto: Data to Diet: Estimating Food Consumption and Fortification Impact in Tanzania</div><div>Barry Bogin: Influence of Social-Economic-Political-Emotional (SEPE) factors on the physical performance and health of older people across India</div><div>Josh Snodgrass: Inflammation, aging, and cardiometabolic health among the Shuar of Ecuador</div></div>	<div>Coffee break</div>	<div><div>Closing Discussion: The Next Generation</div><div>Panelists: Can Ozan Tan, Akira Yasukochi, Barry Bogin, Yuko Tsunetsugu, Joo Young Lee, Takahida Akama</div><div>Awards</div></div>		
<div><div>Day 4 September 13</div><div></div></div>	<div>JPA Editorial meeting U Park Hotel Room C4</div>	<div>JPA Editorial meeting U Park Hotel Room C4</div>	<div><div>JPA Editorial meeting</div><div>U Park Hotel Room C4</div><div>Rie Goto: Where Are We Going? Journeys and Insights from Crossing Borders</div></div>						