



Day 1 - Wednesday 22 July 2026

- 1000 *Arrivals, registration and coffee*
- 1025 Welcome – Prof Derk-Jan Dijk
- 1030-1115 (35+10) Prof Derk-Jan Dijk
'Human sleep and circadian rhythms to support living and working in space: lessons from Earth and low orbit studies'
- 1115-1200 (35+10) Prof Adam Amara
'Introduction to the Surrey Space Institute and Surrey space legacy'
- 1200-1245 *Lunch*

Session 1: The Health Challenges of Spaceflight

Chair, Prof Simon Archer

- 1245-1330 (35+10) Mr Matthew Cook
'Microgravity, the human body, and the UK'
- 1330-1415 (35+10) Prof Damian Bailey
'Mind over Mars: Protecting the brain for deep-space exploration'
- 1415-1500 (35+10) Prof Simon Archer
'The impact of simulated microgravity on human sleep and circadian rhythms: Implications for life beyond Earth'
- 1500-1530 *Break*

Session 2: Space Programme Perspective – Future Challenges

Chair, Prof Steven Lockley

- 1530-1615 (35+10) Dr Erin Flynn-Evans
'Sleep and circadian rhythms in space: What we know and what we need to learn for future lunar and Mars missions'
- 1615-1700 (35+10) Dr John Marshall
'Aerospace medicine: Near term and future needs and fulfilment pathways'

1800 Conference Dinner, Wates House

After Dinner Speaker: Prof Smith Johnston

'Space medicine: Terrestrial applications for human health, performance and longevity'



Day 2 - Thursday 23 July 2026

830-900 *Arrivals*

Session 3: Space Tourism and Training for the Future of Space Travel

Chair, Dr Brigitte Stangl

- 900-935 (30+5) Dr Nicole Cocolas
'Profiling the space tourist – Who are they and what do they want from space?'
- 935 -1010 (30+5) Prof Simon Evetts
'Preparing for space; a paradigm shift for the new space age'
- 1010-1045 (30+5) Dr Mindy Howard
'The human side of the new space age: Mental readiness, resilience, and building the next generation for space'
- 1045-1105 *Break*
- 1105-1140 (30+5) Dr Annette Toivonen
'Space experience - A journey to a new frontier'
- 1140-1215 (30+5) Ms Clare Pelly
'Virgin Galactic Spaceflight Expedition - Community preparation journey'
- 1215-1300 Interactive Discussion
- 1300-1345 *Lunch*

Session 5: Sleep and Circadian Rhythms and Countermeasures in Space and Analog Environments

Chair, Prof Derk-Jan Dijk

- 1345-1425 (30+10) Prof Steven Lockley
'Alleviating circadian rhythm disruption in space habitats using lighting countermeasures'



1425-1505 (30+10) Prof Anne Skeldon

'Personalised mathematical models of light, sleep and circadian rhythms: A digital twinning approach for health and performance on Earth and beyond'

1505-1545 (30+10) Prof Daniel Aeschbach

'Understudied stressors of sleep, clocks and performance in space'

1545-1600

Break

Session 6: Future Goals and Roadmap

Co-Chairs, Prof Simon Archer and Prof Steven Lockley

1600-1700

Interactive Discussion

1700-1900

Drinks reception

Campus Map - <https://www.surrey.ac.uk/sites/default/files/2025-08/campus-map.pdf>

Page 1, #18 Orange – Conference venue

Page 1, #8 Blue – Dinner venue

Page 1, #2 Orange – Surrey Space Centre

Page 1, #8 Green – University Court, Stag Hill campus accommodation

Page 1, #2 Blue – Hillside Food Court, breakfast for campus accommodation

Page 2, #6 Orange – Surrey Sleep Research Centre

Page 2, #4 Purple – Holiday Inn Guildford based just off the map through car park #4
(but has a more direct walking route to campus)