



The Sleep & Circadian Innovation Summit: Translating Evidence into Mental Health Solutions

Date: Feb 27th, 2026

Venue: The Lookout, Edinburgh Futures Institute

09:00–09:30 | Opening & Welcome

- Introduction by hosts – *Circadian Mental Health Network (Daniel Smith) / MDC (Sara Imarisio)*
- Overview of forum objectives and expected outcomes

09:30–10:15 | Academic Perspectives: Current State of Research

- Why integrating the sleep-circadian axis is essential for clinical translation *(15 min) – Matt Jones and Daniel Smith*
- Insights from UK Biobank sleep data *(15 min) – Katrina Tse*
- Discussion

10:15–10:30 | Coffee Break

10:30–11:30 | Industry Perspectives Breakout Session

- Commercially available software and hardware devices which could be applied to research: what are the important issues with data access, interoperability, and interpretation?
- Industry priorities: what is needed to progress the use of software/hardware into the clinic? (The practical/technical challenges of this)

11:30–12:30 | Ethical, Regulatory & Data Considerations

- Regulatory considerations for integrating digital biomarkers into clinical trials, and for digital mental health treatments *(10 min) – Francesca Edelmann*
- Data quality, context, and clinical relevance *(10 min) – Daniel Thedie*
- Practical and ethical challenges of continuous monitoring and data sharing *(10 min) – Manuel Spitschan*
- AI in the field – what challenges do you see here? *(10 min) – Joanne Kenney*
- Discussion

12:30–13:30 | Lunch & Networking



13:30–14:30 | Translational & Clinical Applications Roundtable discussions

- Which data are needed, and which data are available? – **Chair: Cathy Wyse & Gurprit Lall**
- How digital biomarkers (wearables, nearables, actigraphy, EEG, smartphone data) can be integrated into clinical trial design – **Chair: Daniel Smith & Alice Gregory**
- Discussion

14:30–14:50 | Coffee Break

14:50–15:50 | Network & Partnership Opportunities Roundtable

- Funders' perspectives: current and future opportunities **(15 min)**
 - **Wellcome Trust – Lampros Bisdounis**
 - **NIHR – Christian Cox**
- ECR perspectives on working with industry **(10 min) – Aidan Nickerson**
- Industry feedback on mentoring, research needs and collaboration models **(15 min) – Liz Tunbridge**
- Opportunities to partner with patient advocacy groups, charities and sleep-focused initiatives – **Chair: Alice Gregory & Colin Espie**

15:50–16:50 | Action Planning & Outputs – Daniel Smith, Matt Jones & Sara Imarisio

- Summary of the day:
 - Defining priority areas (for future report)
 - Identifying collaborative projects and funding pathways
 - Next steps for Network/MDC-led initiatives and broader community engagement

16:50 | Thanks and End