



Katharina Wulff, Ph.D., leads the Nordic Daylight Research Programme at Umeå University in Northern Sweden. She began her academic journey with a Master's degree in biology from the Free University Berlin in 1996, enriched by conservation work in British Columbia, Canada.

Dr. Wulff completed her Ph.D. in human behavioral chronobiology at Humboldt-University Berlin in 2001, later advancing her research with a Marie Curie Fellowship at Imperial College London. Here, she focused on human sleep and circadian adaptation in collaboration with leading experts.

In 2006, Dr. Wulff joined Oxford University, expanding her research on the impacts of sleep and circadian rhythms on physical and mental wellbeing. In 2019, she moved to Umeå to explore how subarctic climate factors affect human biology, advocating for sunlight-adapted architecture.

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