

Curriculum Vitae

Personal Information

Jan L. de Zeeuw, MSc
 (PhD-Student in the Graduate Program Medical Neurosciences, Charité, Berlin)
 Date of birth: 10.09.1988
 The Netherlands

Current workplace:
 Clinic for Sleep and Chronomedicin
 St. Hedwig-Krankenhaus
 Große Hamburger Str. 5-11, 10115 Berlin
 Research Group: Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité -
 University Medicine Berlin

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Education

- 2014-present Admitted to the PhD Program Medical Neurosciences, Charité, Berlin, Germany
- 2013-present Researcher at the Research Group: Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité - University Medicine Berlin, Germany
- 2013 Scientific Advisor at Chrono@Work B.V., Groningen, the Netherlands
- 2010-2012 Master of Science degree in Behaviour and Neuroscience
 University of Groningen, Groningen, the Netherlands
- 1st Master Research Project, Sleep Inertia, Cortisol and Glucose, University of Groningen, Groningen, the Netherlands
 - 2nd Master Research Project, Investigation of the Relationship between Menstrual Cycle and Circadian Rhythm by Spectral Analysis of EEG Data, Douglas Institute, McGill University, Montreal, Canada
 - Labtech training and human blood sampling training, at the Douglas Institute, McGill University, Montreal, Canada
 - Master Thesis, The Effect of Caloric Restriction on the Immune System (Literature Study), University of Groningen, Groningen, the Netherlands
 - Colloquium, Parkinson's Disease and Statins (Literature Study), University of Groningen, Groningen, the Netherlands
- 2006-2010 Bachelor of Science degree in Life Science and Technology
 University of Groningen, Groningen, the Netherlands
- Major in Behaviour and Neurobiology
 - Minor in Psychology

- Bachelor Research Project: Project dynamic light MEOD Shell Moerdijk, the Netherlands

2000-2006 High School (VWO level, 'Gymnasium')
Maartenscollege, Haren, the Netherlands

Conference Participation

- 2017 Poster presentation at the 15th European Biological Rhythms Society Congress, Amsterdam, the Netherlands
- 2017 Oral Presentation at the 29th Meeting of the Society for Light Treatment and Biological Rhythms, Berlin, Germany
- 2016 Poster presentation at the 23rd Congress of the European Sleep Research Society, Bologna, Italy
- 2016 Oral Presentation at the 28th Meeting of the Society for Light Treatment and Biological Rhythms, New York, United States
Awarded with a Student Travel Grant
- 2015 Speaker at the Symposium Licht – Donker – Slaap
Publiekssymposium, Amsterdam, the Netherlands
- 2015 Attended the 23rd Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Mainz, Germany
- 2015 Oral Presentation at the 27th Meeting of the Society for Light Treatment and Biological Rhythms, San Diego, United States
Awarded with a Student Travel Grant
- 2014 Poster Presentation at the 22nd Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Köln, Germany
- 2014 Attended the 22nd Congress of the European Sleep Research Society, Tallinn, Estonia
- 2014 Attended the Sleep and Circadian Neuroscience Summer School 2014, Oxford, United Kingdom
- 2011 Poster Presentation at the 23rd Meeting of the Society for Light Treatment and Biological Rhythms, Montreal, Canada
- 2011 Attended Symposium of Circadian Rhythms Research, Montreal, Canada
- 2011 Attended Sleep Grand Round Teleconference with Harvard

Publications

- 2017 Nowozin C, Wahnschaffe A, Rodenbeck A, de Zeeuw J, Hädel S, Kozakov R, Schöpp H, Münch M, Kunz D, Applying melanopic lux to measure biological light effects on melatonin suppression and subjective sleepiness. *Current Alzheimer Research. Special Issue, Volume 14, 2017, p. 11*
- 2017 Regente J*, de Zeeuw J*, Bes F, Nowozin C, Appelhoff S, Wahnschaffe A, Münch M#, Kunz D# Can short-wavelength depleted bright light during single simulated night shifts prevent circadian phase shifts? *Journal of Applied Ergonomics. Volume 61, 2017, p. 22-30* (* = co-first authors; # = co-last authors)
- 2016 Münch M, Nowozin C, Regente J, Bes F, de Zeeuw J, Hädel S, Wahnschaffe A, Kunz D. Blue-enriched morning light as a countermeasure to light at the wrong time: effects on cognition, sleepiness, sleep, and circadian phase. *Neuropsychobiology. Volume 74, 2017, p. 207-218*

Abstracts

de Zeeuw J, Wisniewski S, Wahnschaffe A, Zaleska M, Papakonstantinou A, Bes F, Kunz D, Münch M, Changes of cognitive performance and objective sleepiness in the wake maintenance zone during sleep deprivation. *EBRS 2017*

de Zeeuw J, Nowozin C, Wisniewski S, Papakonstantinou A, Zaleska M, Fox T, Hädel S, Kunz D, Münch M, Differences of the pupil response during exposure to light of different spectral compositions and intensities: preliminary findings. *SLTBR 2017*

de Zeeuw J, Wisniewski S, Zaleska M, Wahnschaffe A, Bes F, Hädel S, Kunz D, Münch M, Effects of extended wakefulness and polychromatic light exposure after recovery sleep on cognitive performance and objective sleepiness. *ESRS 2016*

Bes F, Papakonstantinou A, Wisniewski S, de Zeeuw J, Zaleska M, Münch M, Kunz D, Schulz H, The Tiredness Symptoms scale and the Karolinska Sleepiness Scale during 40 hours of wakefulness: a comparison. *ESRS 2016*

Kunz D, Nowozin C, Regente J, Bes F, de Zeeuw J, Hädel S, Wahnschaffe A, Münch M, Blue-enriched morning light as countermeasure to light at the wrong time: effects on alertness, cognition, sleep and circadian phase. *ESRS 2016*

de Zeeuw J, Regente J, Nowozin C, Wahnschaffe A, Bes F, Strelow-Morgenstern K, Haehling M, Hädel S, Kunz D, Münch M, Daytime sleep after a nightshift under filtered bright light conditions. *DGSM 2014*

Regente J, de Zeeuw J, Nowozin C, Wahnschaffe A, Bes F, Strelow-Morgenstern K, Hädel S, Haehling M, Münch M, Kunz D, Das Problem der 'idealen' Beleuchtung für isolierte Nachtschichten. DGSM 2014

de Zeeuw J, Shechter A, Boivin D, Circadian variation of quantitative sleep EEG across the menstrual cycle. SLTBR 2011