

Curriculum Vitae

Personal Information

Jan L. de Zeeuw, PhD
 Date of birth: 10.09.1988
 Groningen, the Netherlands



Current workplace:

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

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ResearchGate: <https://www.researchgate.net/profile/Jan-De-Zeeuw>

Education & Occupations

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| 2021-present | Postdoc at Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité - University Medicine Berlin, Germany |
| 2021 | Graduate of the PhD Program Medical Neurosciences, Charité, Berlin, Germany (summa cum laude) |
| 2019-present | Research Assistant at the Clinic for Sleep and Chronomedicine, St. Hedwig-Krankenhaus, Berlin, Germany |
| 2014-2021 | PhD Student at Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité - University Medicine Berlin, Germany |
| 2013-2021 | Research Assistant at Intellux GmbH, 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 |
| 2006-2010 | Bachelor of Science Degree in Life Science and Technology
University of Groningen, Groningen, the Netherlands |
| 2000-2006 | High School (VWO level, 'Gymnasium')
Maartenscollege, Haren, the Netherlands |

Publications

- 2022 del Olmo M, Spörl F, Korge S, Jürchott K, Felten M, Grudziecki A, **de Zeeuw J**, Nowozin C, Reuter H, Blatt T, Herzel H, Kunz D, Kramer A, Ananthasubramaniam B. Inter-layer and inter-subject variability of diurnal gene expression in human skin. *NAR Genomics and Bioinformatics*. Volume 4, 2022, No. 4
- Steiner O*, **de Zeeuw J***, Stotz S, Bes F, Kunz D. Post-illumination pupil response as a biomarker for cognition in α -synucleinopathies. *Journal of Parkinson's Disease*. Volume 12, 2022, p. 593-598 (*co-first authors)
- 2021 **de Zeeuw J**. From darkness to light: non-visual light effects can be modulated by optimizing light spectrum during nighttime and daytime. Charité – Universitätsmedizin Berlin, Germany. 2021, <http://dx.doi.org/10.17169/refubium-30686>
- 2019 **de Zeeuw J**, Papakonstantinou A, Nowozin C, Stotz S, Zaleska M, Hädel S, Bes F, Münch M[#], Kunz D[#]. Living in biological darkness: Objective sleepiness and the pupillary light responses are affected by different metameric lighting conditions during daytime. *Journal of Biological Rhythms*. Volume 34, 2019, p. 410-431 ([#] = co-last authors)
- 2018 **de Zeeuw J**, Wisniewski S, Papakonstantinou A, Bes F, Wahnschaffe A, Zaleska M, Kunz D[#], Münch M[#]. The alerting effect of the wake maintenance zone during 40 hours of sleep deprivation. *Scientific Reports*. Volume 8, 2018, nr. 11012 ([#] = co-last authors)
- Wittenbrink N*, Ananthasubramaniam B*, Münch M*, Koller B, Maier B, Weschke C, Bes F, **de Zeeuw J**, Nowozin C, Wahnschaffe A, Wisniewski S, Zaleska M, Bartok O, Ashwal-Fluss R, Lammert H, Herzel H, Hummel M, Kadener S, Kunz D, Kramer A. High-accuracy determination of internal circadian time from a single blood sample. *Journal of Clinical Investigation*. Volume 128, 2018, p. 3826-3839 (* = co-first authors)
- 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 ([#] = co-last authors)
- 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
- 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)

Grants / Prizes

2022	Robert-Koch-Preis der Charité
2021	Project grant in support of early career scientist awarded by the German Sleep Society (DGSM)
2019	Student Travel Grant awarded by the Society for Light Treatment and Biological Rhythms
2018	Student Travel Grant awarded by the European Sleep Research Society
2016	Student Travel Grant awarded by the Society for Light Treatment and Biological Rhythms
2015	Student Travel Grant awarded by the Society for Light Treatment and Biological Rhythms

Conference Participation

2022	<p>Abstract at the 26th Congress of the European Sleep Research Society, Athens, Greece: Steiner O, de Zeeuw J, Stotz S, Bes F, Kunz D. Melanopsin-mediated pupil response is associated with executive functioning in alpha-synucleinopathies.</p> <p>Speaker at the 10th DIN-Expert-Panel "Effect of light on human beings", Berlin, Germany: de Zeeuw J. Pupillography: A New Tool to Measure Light Effects in Humans</p> <p>Oral presentation at the 33rd Meeting of the Society for Light Treatment and Biological Rhythms, Manchester, United Kingdom: Steiner O*, de Zeeuw J*, Stotz S, Bes F, Kunz D. The Post-Illumination Pupil Response correlates with cognition in REM-Sleep Behavior Disorder (* = co-first authors)</p> <p>Poster at the 33rd Meeting of the Society for Light Treatment and Biological Rhythms, Manchester, United Kingdom: Seidler A, Bes F, de Zeeuw J, Kunz D. Seasonality in humans II: PSG-data in neuropsychiatric sleep patients.</p> <p>Poster at the 95. Kongress der Deutschen Gesellschaft für Neurologie, Berlin, Germany: Kluge A, Kunz D, de Zeeuw J, Schäffer E, Bunk J, Berg D. Aggregation pathologischer Proteinstrukturen isoliert aus iRBD-Serum</p>
2021	Oral session chair at the 32 nd Meeting of the Society for Light Treatment and Biological Rhythms, Virtual Congress
2020	<p>Posters at the 25th Congress of the European Sleep Research Society, Virtual Congress: de Zeeuw J, Papakonstantinou A, Nowozin C, Stotz S, Zaleska M, Hädel S, Bes F, Münch M, Kunz D. Pupillometry is a promising</p>

noninvasive method for determining lighting effects on human physiology.

Steiner O, **de Zeeuw J**, Stotz S, Bes F, Kunz D. Melatonin might influence the circadian regulation of the retina in patients with REM sleep behavior disorder.

2019

Symposium presentation and chair at the 27th Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Hamburg, Germany:

de Zeeuw J. Die Wirkung verschiedener Lichtspektren auf die Lichtreaktion der Pupille und die objektive Schläfrigkeit

Nowozin C, Wahnschaffe A, **de Zeeuw J**, Papakonstantinou A, Münch M, Hädel S, Rodenbeck A., Bes F, Kunz D. Einfluss habitueller Tagesbeleuchtung auf Nachtschlaf.

Poster at the 24th Congress of the European Biological Rhythms Society, Lyon, France

Münch M, **de Zeeuw J**, Papakonstantinou A, Nowozin C, Stotz S, Zaleska M, Hädel S, Bes F, Kunz D. Dose-response relationship of subjective and objective visual comfort with melanopic irradiance.

Oral presentation at the 31st Meeting of the Society for Light Treatment and Biological Rhythms, Chicago, United States

de Zeeuw J, Papakonstantinou A, Nowozin C, Stotz S, Hädel S, Bes F, Münch M, Kunz D. EEG power density as a proxy for objective alertness depends on spectral composition and intensity of light exposures during daytime.

2018

Oral presentation at the 24th Congress of the European Sleep Research Society, Basel, Switzerland

de Zeeuw J, Papakonstantinou A, Nowozin C, Wisniewski S, Zaleska M, Fox T, Hädel S, Bes F, Kunz D, Münch M. Objective sleepiness is reduced by daytime polychromatic white light exposures depending on melanopic lux.

Poster at the 24th Congress of the European Sleep Research Society, Basel, Switzerland:

de Zeeuw J, Wisniewski S, Papakonstantinou A, Bes F, Wahnschaffe A, Zaleska M, Kunz D, Münch M. The alerting effects during the wake maintenance zone vary with prior duration of wakefulness.

Poster at the 30th Meeting of the Society for Light Treatment and Biological Rhythms, Groningen, the Netherlands:

de Zeeuw J, Papakonstantinou A, Nowozin C, Wisniewski S, Zaleska M, Fox T, Hädel S, Bes F, Kunz D, Münch M. Polychromatic white light exposure reduces objective sleepiness depending on melanopic lux at low light intensities during daytime.

Nowozin C, Wahnschaffe A, **de Zeeuw J**, Papakonstantinou A, Bes F, Münch M, Kunz D. Dynamics of daytime light exposure impacts on sleep architecture in a naturalistic setting.

- 2017 Attended the 1st ESRS Sleep Science School – Neural Networks in Sleep, Frejus, France
- Poster at the 15th European Biological Rhythms Society Congress, Amsterdam, the Netherlands:
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.
- Oral Presentation at the 29th Meeting of the Society for Light Treatment and Biological Rhythms, Berlin, Germany:
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.
- 2016 Posters at the 23rd Congress of the European Sleep Research Society, Bologna, Italy:
- Poster 1: **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.
- Poster 2: 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.
- Poster 3: 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.
- Oral Presentation at the 28th Meeting of the Society for Light Treatment and Biological Rhythms, New York, United States
de Zeeuw J, Wisniewski S, Zaleska M, Wahnschaffe A, Bes F, Hädel S, Kunz D, Münch M. Cognitive performance and objective sleepiness under polychromatic bright light exposure after 40 hours of extended wakefulness and one recovery night.
- 2015 Speaker at the Symposium Licht – Donker – Slaap
 Publikssymposium, Amsterdam, the Netherlands:
De Zeeuw J, Kan oranje licht gebruikt worden om de negatieve effecten van een nachtdienst te voorkomen?
- Attended the 23rd Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Mainz, Germany
- Oral Presentation at the 27th Meeting of the Society for Light Treatment and Biological Rhythms, San Diego, United States:
de Zeeuw J, Regente J, Nowozin C, Bes F, Wahnschaffe A, Strelow-Morgenstern K, Haehling M, Hädel S, Kunz D, Münch M. Daytime sleep after a simulated night shift in filtered bright light.

- 2014 Posters at the 22nd Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Köln, Germany:
Poster 1: **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.
Poster 2: 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.
Attended the 22nd Congress of the European Sleep Research Society, Tallinn, Estonia
Attended the Sleep and Circadian Neuroscience Summer School, Oxford, United Kingdom
- 2011 Poster at the 23rd Meeting of the Society for Light Treatment and Biological Rhythms, Montreal, Canada:
de Zeeuw J, Shechter A, Boivin D. Circadian variation of quantitative sleep EEG across the menstrual cycle.
Attended Symposium of Circadian Rhythms Research, Montreal, Canada
Attended Sleep Grand Round Teleconference with Harvard University
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Berlin, 02.01.23