

Curriculum Vitae



Personal information

Name Gordijn, Margaretha Catharina Maria (Marijke)
Address Het Rocht 65
9481 HJ Vries
The Netherlands
Phone 0592 543703
Cell phone +31 6 47019070
Email marijke.gordijn@chronoatwork.com

Nationality Dutch
Date of birth April 27th, 1961
Marital state Married
Children Two boys

Education

Date 1973-1979
Organization High School, VWO, Liemers College, Zevenaar, The Netherlands

Date 1979-1987
Organization University of Groningen, Department of Biology
Title of qualification Master of science, *Cum Laude*

Date 1999
Organization University of Groningen, Medical Sciences
Title of qualification PhD, *Cum Laude*
Thesis title *Chronobiology and Depression; Relationships between Mood, Sleep and the Circadian Pacemaker*

Additional courses Course on Laboratory Animal Science, art 9 (1988)
Basic course "Teaching in higher education" (2000)
Radiation Safety Course, level 5B (2003)
Job Career training (2005)

Company

Founder and owner of Chrono@Work B.V. Registered July 18th, 2012.
CEO and senior scientist

Products

- Charge your Brainzzz, educational material on healthy sleep for high school students
 - Translational science projects: contract research
 - Consultancy: e.g. Philips Healthy Sleep Solutions (senior clinical scientist), Groene Ster Duurzaam! (Chronobiological and sleep disturbing consequences of festival noise). Chronotherapy for circadian rhythm sleep-wake disorders
 - Biomarker analyses: melatonin, cortisol, 6-sulfatoxymelatonin
 - Workshops, lectures: on sleep and sleep disorders, non-image forming effects of light, shift work, chronotherapy, light therapy and mood disorders
 - Product development, innovations
-

Scientific Work experience

Date 1986-1987

Name and address of employer Max Planck Institut für Verhaltensphysiologie, Von-der-Tann-Str. 7
82346 Erling-Andechs, Germany
Position Additional master project
Project Title *Time-place learning in Garden Warblers*

Date 1988 – 1992

Name and address of employer University Medical Center Groningen, Department of Psychiatry, P.O. Box 30.001, 9700
RB Groningen, The Netherlands
Position PhD student
Project Title *The role of the circadian system in mood regulation of depressed patients*
Grant Netherlands organization for scientific research (NWO)

Date 1993-1998

Name and address of employer University Medical Center Groningen, Department of Psychiatry, P.O. Box 30.001, 9700
RB Groningen, The Netherlands
Position Scientific Staff member
Project Title *(1) The role of the circadian system in mood regulation of depressed patients;*
(2) Chronicity and Therapy resistance in depressed patients
Grant Ministry of Health, Welfare, and Sports (VWS grant)

Date 1999-2003

Name and address of employer University of Groningen, Department of Behavioural Biology (Chronobiology), P.O. Box
14, 9750 AA Haren, The Netherlands
Position Postdoc; 1.0 fte; Maternity leave August – December 1999
Parental leave 0.2 fte March 2000 - March 2001
Project Title *Ocular and extra-ocular effects of light on the human circadian system*
Grant Dutch Technology Foundation (STW)

Date November 2003 – July 2005 (guest until February 2006)

Name and address of employer University of Groningen, Department of Behavioural Biology (Chronobiology), P.O. Box
14, 9750 AA Haren, The Netherlands
Position Postdoc, researcher 3 (UFO); 0.8 fte
Project Title *Pacemaker characteristics in extreme human chronotypes; from genes to behaviour*
Grant 'BrainTime'; EU 5th Framework Programme

Date October 2005 – April 2006

Name and address of employer University Medical Center Groningen, Department of Psychiatry, P.O. Box 30.001, 9700
RB Groningen, The Netherlands
Position Researcher 2 (CAO-UMC), 0.5 fte
Project Title *A randomized and controlled study on the effects of light with a higher colour temperature than standard light therapy in the treatment of winter depression.*
Grant Koninklijke Philips BV, Eindhoven/Drachten, The Netherlands

Date March 2006 – December 2010

Name and address of employer University of Groningen, Department of Chronobiology, P.O. Box 14, 9750 AA Haren,
The Netherlands
Position Researcher 2 (UFO), 0.8 fte
Project Title *Entrainment of the circadian clock in humans*
Grant 'Euclock'; EU 6th Framework Programme

Date January 2011 – October 2011
Name and address of employer University of Groningen, Department of Chronobiology, Centre for Life Sciences, P.O. Box 11103, 9700 CC Groningen, The Netherlands
Position Researcher 2 (UFO), 0.4 fte
Project Title *Enlighten the night shifts of policemen in Drenthe*
Grant 'Police Academy' research program Police & Science

Date January 2011 – September 2012, continued in Chrono@Work B.V.
Name and address of employer University of Groningen, Department of Chronobiology, Centre for Life Sciences, P.O. Box 11103, 9700 CC Groningen, The Netherlands
Position Researcher 2 (UFO), 0.5 fte
Project Title *CAT & GoLate; Effects of short wavelength light in late chronotypes*
Grant Philips Consumer Lifestyle B.V.

Date October 2012 – December 2013
Name and address of employer University of Groningen, Department of Chronobiology, Centre for Life Sciences, P.O. Box 11103, 9700 CC Groningen, The Netherlands
Position Researcher 2 (UFO), 0.4 fte
Project Title *On Time; Light and shift work*
Grant STW

Date January 2014 - present
Name and address University of Groningen, Unit of Chronobiology, GELIFES, P.O. Box 11103, 9700 CC Groningen, The Netherlands
Position Researcher 2 (UFO), guest

Teaching experience

Date September 2009- August 2018
Name and address of employer University of Groningen, Life Sciences & Biology, A. Deusinglaan 1, 9713 AV Groningen, The Netherlands
Position Teacher 2 (UFO), 0.1 fte
Course *Mastercourse: Animal & Human experimentation; Design, Practice and Ethics*
Task Set up a course together with two colleagues in 2008. Supervision of ~50 masterstudents per year. In 2018 the course is updated as e-learning and blended classroom format by Chrono@Work.

Other teaching experience

Bachelors Lectures, seminars and practicals for up to 50 students in courses "Human ethology" and "Chronobiology". Supervising theses and research projects for bachelor students Biology, Life Sciences, Biomedical Sciences and Psychology (11 students since 2012).
Masters Teaching in mastercourses "Animal & Human experimentation" (50 per year 2010-2017) and in "Timing of Behaviour" (20 per year 2009 - 2017). Supervising theses, colloquia, and research projects of masterstudents of Biology, Life Sciences, Biomedical sciences, Medical Sciences, and BCN (33 students since 2012)
PhD students Supervising/co-promotor of 6 PhD Students: M. Rüger (2005); A. Zavada (2007); M.C. Giménez (2013); M. van de Werken (2013); M. Geerdink (2017); T. Woelders (2018); R. Lok (foreseen 2020).
Post Academic "International Sleep Medicine Course" (annually since 2007 alternating between Belgium, UK, and the Netherlands); "Slaapcursus der Lage Landen, deel 2 voor ARTSEN" (bi-annual since 2008, Antwerpen, Belgium). "Slaapcursus der Lage Landen, deel 2 voor LABORANTEN" (bi-annual since 2010, Antwerpen, Belgium). CME course SLTBR 2009: Berlin, Germany, 2016 New York, USA, 2019 Chicago, USA. Edinburgh Sleep Course, 2012, Edinburgh, UK. Psyfar Slaapstoornissen 2017, 2019 Nederland and Masterclass

Melatonin 2018, 2019, 2020 Nederland. Medilex various lectures on Circadian Rhythm Sleep-wake disorders since 2017.

Other professional duties

- **Board functions and scientific committees in national and international societies**
 - Dutch Society for Sleep-Wake Research (NSWO) 2000 – 2009, 2017 – 2020 Chair Scientific Committee;
 - Light and Health Research Foundation (SOLG) 2007 – present Member Scientific Committee;
 - Society for Light Treatment and Biological Rhythms (SLTBR) 2008 – 2013 board member, 2018 – 2020 Vice president, 2020-2022 president.
 - Chronotherapy Network Netherlands, Co-founder and board member since 2013
 - Organization Committee SLAAP 2016 – 2018
 - GoodLight Group, Co-founder of the society and board member since 2019
- **Subproject leader WP1.1 6th Framework Programme EUCLOCK 2007 - 2011**
- **Advisor Health Council of the Netherlands 2015 – 2016**
- **Committee member Health Council of the Netherlands 2015 - 2017**
- **Expert committee Ministry Internal affairs on DST discussion 2018**

Memberships

1990-present	Dutch Society for Sleep-Wake Research
1993-present	Society for Light Treatment and Biological Rhythms
2000-present	European Sleep Research Society
2000-2005	Dutch Society for Behavioral Biology
2009-present	European Biological Rhythm Society

Additional Skills and Competences

Mother tongue	Dutch
Other Languages	English (good); German (reasonable)
Communicative skills	Highly experienced in writing and editing newspaper or public magazine articles. Highly experienced in giving radio or TV interviews. Wrote item on 24-hour society for “National Public Health Compass” of the “National Institute of Public Health” (2009). Regularly invited for public lectures. Highly experienced in applied science in collaboration with industries. Business development.
Technical skills	Sleep-EEG registration and analysis, Radio-immuno assays, skin- and body temperature analysis, rest-activity analysis, questionnaire based research, cognitive performance tests, clinical interviews for diagnosing and rating depression, writing proposals for Medical Ethical Committee

Grants

1999	Co-author Dutch Technology Foundation (STW)
2002	Co-author 5 th European Framework: Braintime
2005	Co-author 6 th European Framework: Euclock
2006	Philips DAP, Drachten, Wake up Light study k€ 48

2007	SLTBR operating grant (1 st Outside In price) k\$ 20
2010	Police Academy; Police & Science Program k€80
2010	Philips Consumer Lifestyle B.V., Drachten, CAT & GoLite k€ 605
2011	Medilux k€15
2011	Co-author Dutch Technology Foundation (STW), “On Time” project Dynamic Light k€ 485
2012	Janssen Pharmaceutica B.V. Belgium, k€ 70
2013	Co-applicant Intelligent Lighting, Dutch Technology Foundation (STW), Perspectiefronde
2013	Co-applicant UCF, Leeuwarden – Groningen
2015	RUG CvB education innovation grant: Animal & Human experimentation On demand k€30
2016	Brain Foundation; Charge your Brainzzz – educational material High school students on sleep regulation and sleep behaviour k€50
2018	SNN Feasibility study: Sleep in Synch k€25
2019	NOM/DIL FOOD2020: NIGHTBITE k€270

Invited lectures since 2012

	International	National
2012	5	2
2013	2	6
2014	2	7
2015	1	7
2016	3	7
2017	3	21
2018	5	17
2019	6	20

Television/youtube

- Kruispunt Reportage ploegendienst 22 jan 2012
- Labyrinth VPRO 22 feb 2012
- Unifocus RUG “A power nap during the night shift”. 27 juni 2012
- Noorderzon; Arno’s aperitief 4-08-2012, Groningen
- Hart van Nederland TV, wintertijd 28-10-2012
- KRO/NCRV Katja Schuurman Body Scan–TV programma opnamen 18-12-’13, uitzending 12-03-’15
- WDR Quarks met Jens Hahne 01 – 03 – 2017
- NPO1 AVRO TROS: Dokters van Morgen 17 – 10 – 2017
- NPO1 NOS Journaal 28 – 10 – 2017
- RTV NOORD Noord vandaag 11 – 09 – 2018
- Youtube channel RUG: Zomer en wintertijd 24-10-2018:
<https://www.youtube.com/watch?v=ZOrMGaMvx54>
- RTL Nieuws 27 – 10 – 2018
- Youtube channel Universiteit van Nederland: Engelse tijd 30 – 03 – 2019:
<https://www.youtube.com/watch?v=4dv5mJymJTw>
- Hart van Nederland: latere schooltijden in Enschede 07 – 01 - 2020

Private activities

Leisure time with husband and children, walking the dog, sports (table tennis), board games and reading. Currently board member of TTV Vries (table tennis).

PUBLICATIONS Marijke Gordijn

<https://publons.com/researcher/2620340/marijke-cm-gordijn/>

Journal contributions

Published:

- Knufinke, M., Nieuwenhuys, A., Geurts, S.A.E., Most, E.I.S., Moen, M.H., Maas, K., Coenen, A.M.L., **Gordijn, M.C.M.**, Kompier, M.A.J. Dim light, sleep tight, and wake up bright – Sleep optimization in athletes by means of light regulation. *European Journal of Sport Science* (TEJS), 2020.
<https://doi.org/10.1080/17461391.2020.1722255>
- Meesters, Y., Sstarreveld, D., Verwijk, E., Spaans, H-P., **Gordijn, MCM**. Chronotherapy Network Netherlands (CNN). *J. Biol. Rhythms*, 35(3): 317-319 (2020). DOI: 10.1177/0748730419896503
- Luik, A.I., **Gordijn, M.C.M.**, Verwijk, E., Van Someren, E.J.W. Slaaptkort, verschoven slaap en slapeeloosheid. *Tijdschrift voor neuropsychologie* 14(3): 162-174 (2019).
- Kossakowski, J., **Gordijn, M.C.M.**, Riese H., Waldorp, L.J. Applying a dynamical systems model and network theory to major depressive disorder. *Front. Psychol.* 10: 1762 (2019).
<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01762/full>
- Lok, R., Van Koningsveld, M.J., **Gordijn, M.C.M.**, Beersma, D.G.M., Hut, R.A. Daytime melatonin and light independently affect human alertness and body temperature. *J. Pineal Res.* Apr 29: e12583 (2019).
<https://doi.org/10.1111/jpi.12583>.
- Bierings, R.A.J.M., **Gordijn, M.C.M.**, Jansonius, N.M. Chronotyping glaucoma patients with the Munich Chronotype Questionnaire: A case-control study. *PLoS ONE* 14(3): e0214046 (2019).
<https://doi.org/10.1371/journal.pone.0214046>
- Gordijn M.C.M.** & Langbroek M. Biologische klok speelt grote rol veiligheid en gezondheid. *Safety! Magazine* nr 1: 14-17 (2019). https://www.chronoatwork.com/wp-content/uploads/Gordijn-Langbroek-2018_Safety-Magazine_-_Biologische-klok-speelt-grote-rol-veiligheid-en-gezondheid-1.pdf
- Woelders, T., Wams, E.J., **Gordijn, M.C.M.**, Beersma, D.G.M., & Hut, R.A. Integration of color and intensity increases time signal stability for the human circadian system when sunlight is obscured by clouds. *Scientific Reports* 8:15214 (2018). <https://doi.org/10.1038/s41598-018-33606-5>
- Lok, R., Woelders, T., **Gordijn, M.C.M.**, Hut, R.A., Beersma, D.G.M. White light during daytime does not improve alertness in well-rested individuals. *J. Biol. Rhythms* 33(6):637-648 (2018).
<https://doi.org/10.1177/0748730418796036>
- Porchereta Kate, Lucien Wald, Lin Fritschi, Menno Gerkema, **Marijke Gordijn**, Martha Merrrow, Shantha M. W. Rajaratnam, Daniel Rock, Tracey L. Sletten, Guy Warman, Katharina Wulff, Till Roenneberg, and Russell G. Foster. Chronotype and environmental light exposure in a student population. *Chronobiology International* 35(10): 1365-1374 (2018). <https://doi.org/10.1080/07420528.2018.1482556>
- Laborde Sylvain, Fabrice Dosseville, Asma Aloui, Helmi Ben Saad, Maurizio Bertollo, Laura Bortoli, Barbara Braun, Karim Chamari, Hamdi Chtourou, **Y.A.W. de Kort**, Abdulaziz Farooq, **Marijke Gordijn**, Pablo Greco, Felix Guillen, Monoem Haddad, Thomas Hosang, Karim Khalladi, Romain Lericollais, Mariana Lopes, Claudio Robazza & 3 others. Convergent and construct validity and test-retest reliability of the Caen chronotype questionnaire in six languages. *Chronobiology International* 35(9): 1294-1304 (2018).
<https://doi.org/10.1080/07420528.2018.1475396>
- Riethmeister, V., Bültmann, U., De Boer, M., **Gordijn M.**, Brouwer, S. Examining Courses of Sleep Quality and Sleepiness in Full 2 weeks on/2 weeks off Offshore Day Shift Rotations. *Chronobiology International* 35(6):759-772 (2018). <https://doi.org/10.1080/07420528.2018.1466794>
- Riethmeister, V., Bültmann, U., **Gordijn, M.**, De Boer, M., Brouwer, S. Investigating daily fatigue scores during two-week offshore day shifts. *JERG* 71:87-94 (2018)
- Gordijn, M.C.M.** Slapen als je biologische klok dat zegt. *Vakblad voor Natuurlijke & Integrale Gezondheidszorg* 4/2018: 14-17.
- Gordijn, M.C.M.** Melatoninebehandeling voor slaap-waak stoornissen. *Psyfar* no 1 maart 2018.
- Woelders T, Leenheers T, **Gordijn M.C.M.**, Hut R.A., Beersma D.G.M., Wams E.J. Melanopsin and L-Cone induced pupil constriction is inhibited by S- and M-Cones in humans. *PNAS* 115(4):792-797 (2018).
<https://doi.org/10.1073/pnas.1716281115>
- Van der Heijden, K.B., Vermeulen M.C.M., Donjacour, C., **Gordijn M.**, Hamburger, H., Meijer, A.M., Van Rijn, K. Chronic sleep reduction predicts academic achievement and study concentration in higher education students. *J. Sleep Res.* 27 (2): 165-174 (2018).

- Wams, E.J., Woelders, T., Marring, I., Van Rosmalen L., Beersma, D.G.M., **Gordijn, M.C.M.** & Hut R.A. Linking light exposure and subsequent sleep: a field EEG study in humans. *SLEEP* 40 (12): zsx165 (2017)
<https://doi.org/10.1093/sleep/zsx165>
- Aan het Rot, M., Miloserdov, K., Buijze, A.K.F., Meesters, Y., **Gordijn, M.C.M.** Premenstrual mood and empathy after a single light therapy session. *Psychiatry Research* 256: 212-218 (2017).
- Meesters, A.N.R., Partonen, T., Maukonen M., Männistö, S., **Gordijn, M.C.M.**, Meesters, Y., Is there a relation between vegetarianism and Seasonal Affective Disorder? *Neuropsychobiology* 74: 202 – 206 (2017).
- Bruinenberg, V.M., **Gordijn, M.C.M.**, MacDonald, A., Van Spronsen, F.J., Van der Zee, E. Sleep disturbances in Phenylketonuria: an explorative study in men and mice. *Frontiers in Neurology, section Sleep and Chronobiology*. vol. 8:167 (2017).
- Woelders T., Beersma D.G.M., **Gordijn M.C.M.**, Hut R.A. & Wams E.J. Daily light exposure patterns reveal phase and period of the human circadian clock. *J. Biol. Rhythms* 32(3): 187-194 (2017).
- Gordijn M.C.M. Slapen als onderdeel van een gezonde leefstijl. In: "Gestoorde slaap: een onschuldig probleem?" Lancel M., Koenraadt F. en 't Lam K. (eds). Wolf Legal Publishers. pp 13-28. (2016).
- Meesters Y., **Gordijn, M.C.M.**, Spaans H.P., Verwijk E. Chronotherapeutische interventies. *Psyfar* 11(4): 18-25. (2016).
- Meesters Y., **Gordijn M.C.M.** Seasonal affective disorder, winter type: current insights and treatment options. *Psychology Research and Behavior Management*, 9:317 - 327 (2016).
- Geerdink M., Walbeek T.J., Beersma D.G.M., Hommes V., **Gordijn M.C.M.** Short blue light pulses (30 min) in the morning support a sleep-advancing protocol in a home setting. *J. Biol. Rhythms* 31(5): 483 – 497 (2016), online DOI:10.1177/0748730416657462
- Knapen S.E., **Gordijn M.C.M.**, Meesters Y. The relation between chronotype and treatment outcome with light therapy on a fixed time schedule. *J. Aff Disord.* vol 202:87-90 (2016).
- Geerdink M., Beersma D.G.M., Hommes V., **Gordijn M.C.M.** Short blue light pulses (30 min) in the morning are able to phase advance the rhythm of melatonin in a home setting. *Medical Sciences Journal of Sleep Disorders and Therapy*, 5:2 (2016).
- Giménez M.C., Beersma D.G.M., Daan S., Van der Pol B.A.E., Kanis M.J., Van Norren D., **Gordijn M.C.M.** Melatonin and Sleep-Wake rhythms before and after ocular lens replacement in elderly humans. *Biology* 5: 1-12 (2016).
- Van de Ven Hardy, Van der Klink J.J.L., Vetter C., Roenneberg T., **Gordijn M.C.M.**, Koolhaas W., De Looze M.P., Brouwer S., Bültmann U. Sleep and need for recovery in shift workers: do chronotype and age matter? *Ergonomics* Vol 59(2):310-324, (2016).
- Meester Y., **Gordijn M.C.M.** Tijd van Slapen, verstoring van de biologische klok door nacht- en wisseldiensten. *Nederlands Tijdschrift voor Geneeskunde* 159:A9601 (2015).
- Knapen S.E., Van de Werken M., **Gordijn M.C.M.**, Meesters Y. The duration of light treatment and therapy outcome in Seasonal Affective Disorder. *J. Affect. Disord.* 166:343-346, (2014).
- Gaspar Ludmilla, Maan van de Werken, Anne-Sophie Johansson, Ermanno Moriggi, Björn Owe-Larsson, Janwillem W. H. Kocks, Gabriella B. Lundkvist, **Marijke C.M. Gordijn**, Steven A. Brown. Human cellular differences in cAMP-CREB signaling correlate with light-dependent melatonin suppression and bipolar disorder *EJN early view* June:1-10, (2014).
- Giménez M.C., **Gordijn M.C.M.**, Bollen P., Van der Linden M.L., Beersma D.G.M.. Effects of a chronic reduction of short-wavelength light input on melatonin and sleep patterns in humans: Evidence for Adaptation. *Chronobiol. Int.* 31: 690-697, (2014).
- Van de Werken Maan, J. Esi van der Zwan, Sanne Booy, **Marijke C. M. Gordijn**, Domien G. M. Beersma. The biological clock modulates the human cortisol response in a multiplicative fashion. *Chronobiol. Int.* 31(4):572-580, (2014).
- Van de Werken Maan, Marina C. Giménez, Bonnie de Vries, Domien G. Beersma, **Marijke C. M. Gordijn**. Short-wavelength attenuated polychromatic white light during work at night: limited melatonin suppression without substantial decline of alertness. *Chronobiology International* 30(7): 843-854 (2013).
- Junoy Montolio F.G., Wesselink C., **Gordijn M.C.M.**, Jansonius N.M. Factors that influence standard automated perimetry test results in glaucoma patients: test reliability, technician experience, diurnal factors and seasonal influences. *Invest Ophthalmol Vis Sci.*: 53(11):7010-7017 (2012).
- Gordijn M.C.M.** De nachtdienst verlicht. *Politiewetenschap* vol. 30.5. Reed Business, Amsterdam (2012).
- Gordijn M.C.M.**, 't Mannetje D., Meesters Y.. The effects of blue enriched light treatment compared to standard light treatment in seasonal affective disorder. *J. Affect. Disord.* 136: 72–80 (2012).
- Chellappa S.L., **Gordijn M.C.M.**, Cajochen C. Can light make us bright? Effects of light on cognition and sleep. *Progress in Brain Research*. Elsevier Publishers, Kerkhof G.A. and Van Dongen H. (eds). Chapter 7; Vol 190: 119-133 (2011).

- Jasper I., **Gordijn M.C.M.**, Häusler A., Hermsdoerfer J. Circadian rhythms in handwriting kinematics and legibility. *Human Movement Science*: 30:818-829 (2011).
- Hofstra W.A., **Gordijn M.C.M.**, Van der Palen J., Van Regeren R., Grootemarsink B.E., De Weerd A.W.. Timing of temporal and frontal seizures in relation to the circadian phase: a prospective pilot study. *Epilepsy research* 94(3):158-162 (2011).
- Bossenbroek L., Kosse N., Ten Hacken N., **Gordijn M.**, Van der Hoeven J., De Greef M.. Validation of the dynaport minimod during sleep: a pilot study. *Perceptual and Motor Skills* 111 (3): 936-946 (2010).
- Schoutens T., **Gordijn M.** De relatie tussen nachtdienst, licht en kanker. *ArboMagazine* 10: 23-25 (2010).
- Giménez M.C., Kanis M.J., Beersma D.G.M., Van der Pol B.A.E., Van Norren D., **Gordijn M.C.M.**. In Vivo Quantification of the Retinal Reflectance Spectral Composition in Elderly Subjects Before and After Cataract Surgery: Implications for the Non-Visual Effects of Light. *J Biol Rhythms* 25:123-131 (2010).
- Giménez M.C., Hessels M., Van de Werken M., De Vries B., Beersma D.G.M., **Gordijn M.C.M.**. Effects of artificial dawn on subjective ratings of sleep inertia and dim light melatonin onset. *Chronobiol. Int.* 27(6):1219-1241 (2010).
- Hofstra W.A., **Gordijn M.C.M.**, Van Hemert- van der Poel J.C., Van der Palen J., De Weerd A.W.. Chronotypes and sleep parameters in epilepsy patients: a large questionnaire study. *Chronobiol. Int.* 27(6): 1271-1286 (2010).
- Steinborn M.B., Bratzke D., Rolke B., **Gordijn M.C.M.**, Beersma D.G.M., and Ulrich R.. The Effect of 40-hours of Constant Wakefulness on Number Comparison Performance. *Chronobiol. Int.* 27(4):807-825 (2010).
- Van de Werken M., Gimenez M.C., De Vries B., Beersma D.G.M., Van Someren E.J.W., **Gordijn M.C.M.**. Effects of artificial dawn on sleep inertia, skin temperature, and the awakening cortisol response, *J Sleep Res*, 19(3):425-435 (2010).
- Van Veen M.M., Kooij J.J.S., Boonstra A.M., **Gordijn M.C.M.**, Van Someren E.J.W.. Delayed circadian rhythm in adults with ADHD and chronic sleep onset insomnia, *Biol Psychiat* 67:1091-1096 (2010).
- Beersma D.G.M., Comas M., Hut R.A., **Gordijn M.C.M.**, Rüger M., Daan S.. The progression of circadian phase during light exposure in animals and humans. *J.Biol.Rhythms* 24(2): 153-160 (2009).
- Beersma D.G.M. and **Gordijn M.C.M.** , Circadian control of the sleep-wake cycle, Review, *Physiol. Behav.* 90:190-195 (2007).
- Roenneberg T., Kuehne T, Juda M., Kantermann T., Allebrandt K., **Gordijn M.**, Mellow M. Epidemiology of the human circadian clock. *Sleep Medicine Reviews* 11:429-438 (2007).
- Gordijn, MCM**; Tamanini, F; Janssen, R; Zavada, A; Govaerts, LC; Beersma, DGM; Daan, S; Van der Horst, BT. Circadian periodicity of melatonin rhythm and cellular per2 oscillations in early and late human chronotypes. *J. Sleep Res.* 15 (suppl. 1) pp 53 (2006).
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B. De, Daan S.: Time-of-day-dependent effects of bright light exposure on human psychophysiology: comparison of daytime and nighttime exposure. *Am J Physiol Regul Integr Comp Physiol.* 290(5):R1413-20 (2006).
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B. De, Daan S.: Weak relationships between suppression of melatonin and the suppression of subjective sleepiness/fatigue in response to light exposure. *J. Sleep Res.* 14:221-227 (2005).
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B. De, Daan S.: Nasal versus temporal illumination of the human retina: effects on core body temperature, melatonin, and circadian phase. *J. Biol. Rhythms* 20:60-70 (2005)
- Zavada A., **Gordijn M.C.M.**, Beersma D.G.M., Daan S.: Comparison of the Munich chronotype questionnaire with the Horne Östberg's morningness-eveningness score. *Chronobiol. Int.* 22(2): 267-278 (2005).
- Cernuda-Cernuda R., García-Fernández J.M., **Gordijn M.C.M.**, Bovee-Geurts P.H.M., Grip W.J. De: The eye of the african mole-rat *Cryptomys anelli*: to see or not to see? *Eur.J.Neurosc.* 17:709-720 (2003)
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B.De, Daan S.: Acute and phaseshifting effects of ocular and extraocular light in human circadian physiology. *J. Biol. Rhythms* 18:409-419 (2003)
- Koorengel K.M., **Gordijn M.C.M.**, Beersma D.G.M.: De rol van het circadiane systeem bij winterdepressie. *Neuropraxis* 6:97-102 (2002)
- Koorengel, K.M. **Gordijn, M.C.M.**, Beersma, D.G.M., Meesters, Y., Den Boer, J.A., Van den Hoofdakker, R.H., Daan. Extraocular Light Therapy in Winter Depression, A double-blind Placebo-controlled study. *Biol. Psychiat.* 50:691-698 (2001)
- Gordijn, M.C.M.** Lichttherapie en slaapdeprivatie in onderzoek naar de rol van de biologische klok voor stemmingsregulatie en als therapie voor depressies? *Metanoia* 16:27-35, (2001)
- Gordijn M.C.M.** (2000) Melatonine, slaapmiddel of niet? *Hoofdlijnen* 4:4-8.

- Koorengevel, K.M., Beersma, D.G.M., **Gordijn, M.C.M.**, Den Boer, J.A., Van den Hoofdakker, R.H. (2000). Body temperature and mood variations during forced desynchronization in winter depression: a preliminary report. *Biol. Psychiat.* 47: 355-358.
- Bouhuys, A.L., Geerts, E., **Gordijn, M.C.M.** (1999). Depressed patients' perceptions of facial emotions in depressed and remitted states are associated with relapse: a longitudinal study, *J. Nerv. Ment. Dis.* 187(10): 595-602 .
- Bouhuys, A.L., Geerts, E., **Gordijn, M.C.M.** (1999). Gender specific mechanisms associated with outcome of depression: perception of emotions, coping and interpersonal functioning. *Psychiatry Research* 85: 247-261 .
- Gordijn, M.C.M.**, Beersma, D.G.M., Korte, H.J., Van den Hoofdakker, R.H (1999). Effects of light exposure and sleep displacement on Dim Light Melatonin Onset, *J. Sleep Res.* 8: 163-174.
- Gordijn, M.C.M.**, Beersma, D.G.M., Korte, H.J. and Van den Hoofdakker, R.H. (1998). Testing the hypothesis of a circadian phase disturbance underlying depressive mood in non-seasonal depression, *J. Biol. Rhythms* 13(2): 132-147.
- Van den Hoofdakker, R.H. and **Gordijn, M.C.M.** (1997). Will light brighten the future of the depressed patient? *Acta Neuropsychiatrica* vol. 9: 71-76.
- Gordijn, M.C.M.**, Beersma, D.G.M., Bouhuys, A.L., Korte, H.J. and Van den Hoofdakker, R.H. (1995). A longitudinal study of sleep deprivation responses in depression; The variability is highly related to diurnal mood variability, *Acta Neuropsychiatrica* vol. 7(2): 58-60.
- Van den Hoofdakker, R.H., **Gordijn, M.C.M.**, Beersma, D.G.M., Bouhuys, A.L. and Hiddinga, A.E. (1995). Sleep and depression, *Acta Neuropsychiatrica* vol. 7(3): s57-s60.
- Gordijn, M.C.M.**, Beersma, D.G.M., Bouhuys, A.L., Reinink, E. and Van den Hoofdakker, R.H. (1994). A longitudinal study of diurnal mood variation in depression; characteristics and significance, *J. Affect. Disord.* vol. 31: 261-273.
- Reinink, E., Bouhuys, A.L., **Gordijn, M.C.M.** and Van den Hoofdakker, R.H. (1993). Prediction of the antidepressant response to total sleep deprivation of depressed patients: longitudinal versus single day assessment of diurnal mood variation, *Biol. Psychiatry*, vol. 34: 471-481.
- Biebach, H., **Gordijn, M.** and Krebs, J.R. (1989). Time-and-place learning by garden warblers (*Sylvia borin*). *Anim. Behav.* vol. 37: 353-360.
- Masman, D., **Gordijn, M.**, Daan, S. and Dijkstra, C. (1986). Ecological energetics of the kestrel: field estimates of energy intake throughout the year, *Ardea* vol. 74: 24-39.

Book contributions

Published

- Gordijn M.C.M.**, Smits M., Braam W. Circadian rhythm sleep-wake disorders. In *Sleep & Sleep Disorders, a practical handbook*. Acco, Leuven. Verbraecken, J., Buysse, B., Hamburger, H., Van Kasteel, V., Van Steenwijk, R. (eds). 351 – 370 (2020).
- Gordijn M.C.M.**, Beersma D.G.M. Regulation of the circadian rhythm. In *Sleep & Sleep Disorders, a practical handbook*. Acco, Leuven. Verbraecken, J., Buysse, B., Hamburger, H., Van Kasteel, V., Van Steenwijk, R. (eds). 53 – 60.
- Meerlo P., **Gordijn M.C.M.** Biologische klokken en circadiane ritmie. In *Leerboek neurowetenschappen voor de klinische psychiatrie*. Boom, de Tijdstroom. Van den Heuvel, O., Van der Werf, Y., Schmand, B., Sabbe, B. (eds). Pp 281-287 (2020).
- Gordijn M.C.M.** Slapen als onderdeel van een gezonde leefstijl. In *Gestoorde Saap. Een onschuldig probleem?* Uitgeverij Wolf legal Publishers. Lancel M., Koenraadt, F., 't Lam K. (eds). pp 13 – 28 (2016).
- Hommel V., Meesters Y., Geerdink M., **Gordijn M.**, Beersma D. Blue light implemented (Proceedings Berlin, March 2014).
- Gordijn M.C.M.** Circadian rhythm deterioration in early Alzheimer disease and the preventive effects of light. Commentary on the dissertation by Els Møst. *Sleep-wake Research in the Netherlands*, vol 25: 41-43 (2014).
- Gordijn M.C.M.**, Smits M., Braam W. Circadiane ritmestoornissen. In: *Leerboek Slaap & Slaapstoornissen*. Uitgeverij Acco, Verbraecken, Buysse, Hamburger, Van Kasteel, Van Steenwijk (eds). Hoofdstuk 19.1: 297-305 (2013).
- Gordijn M.C.M.** Beersma D.G.M. Regulatie van het circadiane ritme. In *Leerboek Slaap & Slaapstoornissen*. Uitgeverij Acco, Verbraecken, Buysse, Hamburger, Van Kasteel, Van Steenwijk (eds). Hoofdstuk 2: 43- 49 (2013).
- Gordijn M.C.M.** Circadian rhythmicity and epilepsy: the significance of biological time. Commentary on the dissertation by Wytske Hofstra. *Sleep-wake Research in the Netherlands*, vol 22: (2011).
- Geerdink M., Beersma D., Hommel, V., **Gordijn M.** Phase advancing the human circadian system with short pulses (30min) of blue light exposure. *Sleep-wake Research in the Netherlands*, vol 22: (2011).
- Giménez MC, Bollen P, **Gordijn MCM**, Van der Linden ML, Beersma DGM. Reducing light intensity and changing its spectral composition: effects on human's sleep characteristics and melatonin suppression under "natural

- conditions". Extended abstract in "Proceedings of Experiencing Light", October 2009, Eindhoven, The Netherlands.
- Kluft C., **Gordijn M.C.M.**, Kerkhof G.A., National Sleep day 2008 in the Netherlands: results of a web questionnaire on sleep problems in children. *Sleep-wake Research in the Netherlands*, vol 19: 81-84 (2008)
- Kerkhof G.A., **Gordijn M.C.M.**, Reijngoud P., Donjacour D.E.H.M. National sleep day 2007 in the Netherlands: results of a web-based questionnaire about sleep and overweight. *Sleep-wake Research in the Netherlands*, vol 18: 75-78 (2007)
- Steinborn, M., Bratzke D., Rolke, B., **Gordijn, M.C.M.**, Beersma, D.G.M., and Ulrich, R. Circadian Variations in Symbolic Magnitude Comparison: Evidence from a 40-Hour Constant Routine Protocol. In: *Proceedings from the 10th Tubinger Perception Conference*. H.H.Bulthoff, A.Chatziastros, H.A. Mallot, R.D. Ulrich (Eds.), p50. (2007)
- Gimenez M.C., **Gordijn M.C.M.**, Vries De B., Beersma D.G.M.: Effects of daytime outdoors light exposure on human melatonin secretion. *Sleep-Wake Research in The Netherlands*, vol 17: 55-58 (2006)
- Zavada A., Beersma D.G.M., **Gordijn M.C.M.**, Daan S.: A method to determine the properties of the homeostatic component of sleep regulation in humans. *Sleep-Wake Research in The Netherlands*, vol 17: 133-135 (2006)
- Gordijn M.C.M.**, Beersma D.G.M., Rueger M., Daan S.: The effects of blue light on sleepiness. *Sleep-Wake Research in The Netherlands*, vol 16, 2005: 67-70 (2005).
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., de Vries B., Daan S.. Weak relationships between melatonin suppression and suppression of subjective sleepiness and fatigue in humans. *Sleep-Wake Research in The Netherlands*, vol 16, 2005: 121- 124 (2005).
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B.De, Daan S.: Effects of nasal versus temporal illumination of the human retina on melatonin, subjective sleepiness, and core body temperature. *Sleep-wake research in the Netherlands* 15:56-58 (2004)
- Zavada A., **Gordijn M.C.M.**, Beersma D.G.M., Daan S., Roenneberg T.: Sleeping habits and morningness-eveningness preference in a Dutch population. *Sleep-wake research in the Netherlands* 15:115-118 (2004)
- Gordijn M.C.M.**, Strijkstra A.M., Rüger M., Beersma D.G.M., Daan S.: 7.7. Sleep, sleepiness and the circadian system. In: F.Zwarts et al. (editors) *BCN Annual Report 1999-2000-2001*, pp.148-149 (2002)
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B. De, Daan S.: Bright light effects at night and day on various measures of sleepiness. *Sleep-wake research in the Netherlands* 13:95-99 (2002)
- Gordijn M.C.M.**, Rüger M., Beersma D.G.M., Vries B.De, Daan S.. Energising effects of light at night. *Sleep-wake Research in the Netherlands* 12:44-47 (2001)
- Rüger M., **Gordijn M.C.M.**, Beersma D.G.M., Vries B. De, Daan S.: Short- lasting and phase-shifting effects of ocular and extraocular light on core body temperature and sleepiness in humans. *Sleep-wake Research in the Netherlands* 12:99-103 (2001)
- Gordijn, M.C.M.**, Beersma, D.G.M., Bouhuys, A.L and Van den Hoofdakker, R.H. (1998). Mood variability and sleep deprivation effect as predictors of therapeutic response in depression. *Sleep-Wake research in The Netherlands* vol 9: 41-45.
- Gordijn, M.C.M.**, Korte, H.J., Beersma, D.G.M. and Van den Hoofdakker, R.H. (1996). Intriguing effects of sleep manipulations in healthy subjects. *Sleep-Wake research in The Netherlands* vol 7: 61-64.
- Gordijn, M.C.M.**, Beersma, D.G.M., Bouhuys, A.L., Korte, H.J., Van den Hoofdakker, R.H. (1995). A longitudinal study of sleep deprivation responses in depression; the variability is highly related to diurnal mood variability (short version), *Sleep-Wake research in The Netherlands* vol 6: 31-33.
- Van den Hoofdakker, R.H., **Gordijn, M.C.M.** and Kasper, S. (1994). Sleep deprivation in refractory depression. In: *Refractory depression*, W.A. Nolen, J. Zohar, S.P. Roose and J.D. Amsterdam (Eds.), John Wiley & Sons, Chichester, pp. 129-142.
- Beersma, D.G.M., Reinink, E., **Gordijn, M.C.M.**, Bouhuys, A.L. and Van den Hoofdakker, R.H. (1991). Concepts in circadian rhythm research in relation to diurnal variations in depressed mood. In: *Stress, Biological Rhythms and Psychiatric Disorders*, Third International Symposium, H.G.M. Westenberg (Ed.), Medidact, Houten, pp. 63-69.
- Gordijn, M.C.M.**, Beersma, D.G.M., Reinink, E., Gänshirt, G., Bouhuys, A.L. and Van den Hoofdakker, R.H. (1990). Diurnal variation of mood, implications for depression research. In: *Psychiatry: A World perspective - Volume 1*, C.N. Stefanis (Ed.), Elsevier Science Publishers, pp. 489-493.
- Reinink, E., Bouhuys, A.L., **Gordijn, M.C.M.**, Van den Hoofdakker, R.H. and Beersma, D.G.M. (1990). Total sleep deprivation and diurnal variation in depression. In: *Psychiatry: A World perspective - Volume 1*, C.N. Stefanis (Ed.), Elsevier Science Publishers, pp. 489-493.