

Curriculum Vitae



Personal information

Name Gordijn, Margaretha Catharina Maria (Marijke)
Address Het Rocht 65
9481 HJ Vries
The Netherlands
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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
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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 guest

Date October 2012 - present
Name and address Chrono@Work, Friesestraatweg 213, 9743 AD Groningen, The Netherlands
Position Founder/owner/CEO

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 (13 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 8 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 (2021), N. Buschhausen (2027).

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 Melatonine 2018, 2019, 2020, 2021 and 2022 Nederland. Medilex various lectures on Circadian Rhythm Sleep-wake disorders and its treatment with light and melatonin 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 – 2020; Foundation has stopped
- Society for Light Treatment and Biological Rhythms (SLTBR) 2008 – 2013 board member, 2018 – 2020 Vice president, 2020-2022 president, 2022-2024 past president
- Chronotherapy Network Netherlands, Co-founder and board member since 2013
- Organization Committee SLAAP 2016 – 2018, SLTBR conference 2022, 2023 and 2024
- GoodLight Group, Co-founder of the society and board member since 2019
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- **Partner in National consortium BioClock**
- **Partner in international Horizon2020 consortium Enlightenme**
- **Advisor in Healthy Living as a service consortium**
- **Advisor in Timed consortium**
- **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**
- **Expert Health Care and Youth Inspectorate 2022 – melatonin prescription**

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
2024-present	Daylight Academy

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.
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Technical skills	Sleep-EEG registration and analysis, Radio-immuno assays, skin- and body temperature analysis, rest-activity analysis, questionnaire based research, cognitive performance
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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
2011	Janssen Pharmaceutica B.V. Belgium, k€ 70
2012	Co-applicant Intelligent Lighting, Dutch Technology Foundation (STW), Perspectiefronde
2013	Co-applicant UCF, Leeuwarden – Groningen
2013	RUG CvB education innovation grant: Animal & Human experimentation On demand
2015	k€30
2016	Brain Foundation; Charge your Brainzzz – educational material High school students on sleep regulation and sleep behaviour k€50
2016	SNN Feasibility study: Sleep in Synch k€25
2018	NOM/DIL FOOD2020: NIGHTBITE k€270
2019	VIA; Van B2B naar B2C in dienstverlening chronobiologie & slaap k€12.5
2020	Co-applicant EU Horizon2020; Innovative policies for improving citizens’ health and wellbeing addressing artificial lighting – ENLIGHTENme
2021	SNN PCH Ecosysteem – Sleep in Sync k€155

Invited lectures, workshops since 2015

	International	National
2015	1	7
2016	3	7
2017	3	21
2018	5	17
2019	6	20
2020	2	5
2021	2	12
2022	4	17
2023	4	25

Television/youtube/podcast

- 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
- Radio NPO1 +TV, de Slapelozen 12 – 08 – 2021
- Radio NPO1 + podcast, dr Kelder & Co 30 – 10 – 2021
- De vier jaargetijden in Brabant 5 – 5 – 2022
- Factcheckers mobiel licht en slaap 2024
- NPO1 De nacht van NTR podcast 28 – 12 - 2023 - <https://www.nporadio1.nl/podcasts/de-nacht-van/101073/het-geheim-van-een-goede-nachtrust>
- NOC NSF podcast Topsport en slaap: "er valt nog veel te leren" 6 – 2 – 2024 - <https://nocnsf.nl/nieuws/2024/02/topsport-en-slaap-er-valt-nog-veel-te-leren>
- Over routines podcast 24 – 3 – 2024 https://getpodcast.com/at/podcast/over-routines/wat-voor-involed-heeft-je-biologische-klok-op-je-leven_5b33cac449

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://orcid.org/0000-0001-9521-8085>

H-index: 30 (Web of Science)

Book

Opperhuizen A. en Gordijn M 2023. De klok met duizend wijzers. Hoe de biologische klok je leven beïnvloedt. Bertram + De Leeuw.

Journal contributions

Opperhuizen A en **Gordijn MCM**, 24-uurs ritme in licht en donker als basis voor de optimale timing van leefstijlinterventies. *Ned Tijdschr Leefstijlgeneeskd* 2023;1(4):167-8.

Meesters Y, van Tuinen EJD, **Gordijn MCM**. 35 years of light treatment for mental disorders in the Netherlands. *Ann Med*. 2023;55(2):2269574. <https://doi.org/10.1080/07853890.2023.2269574>. Epub 2023 Oct 19. PMID: 37857364; PMCID: PMC10588530.

Giménez, M.C.; Luxwolda, M.; Van Stipriaan, E.G.; Bollen, P.P.; Hoekman, R.L.; Koopmans, M.A.; Arany, P.R.; Krames, M.R.; Berends, A.C.; Hut, R.A.; **Gordijn, M.C.M.** Effects of Near-Infrared Light on Well-Being and Health in Human Subjects with Mild Sleep-Related Complaints: A Double-Blind, Randomized, Placebo-Controlled Study. *Biology* 2023, 12, 60. <https://doi.org/10.3390/biology12010060>

Gordijn, M. 33rd Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR), 23–25 June 2022, Manchester, UK. *Clocks & Sleep* 2022, 4, 412–460. <https://doi.org/10.3390/clockssleep4030035>

Lok R, Woelders T, **Gordijn MCM**, van Koningsveld MJ, Oberman K, Fuhler SG, Beersma DGM, Hut RA. Bright Light During Wakefulness Improves Sleep Quality in Healthy Men: A Forced Desynchrony Study Under Dim and Bright Light (III). *J Biol Rhythms*. 2022 Aug;37(4):429-441. <https://doi.org/10.1177/07487304221096910>. Epub 2022 Jun 22. PMID: 35730553; PMCID: PMC9326793

Kahawage P, Bullock B, Meyer D, Gottlieb J, Crowe M, Swartz HA, Yatham LN, Inder M, Porter RJ, Nierenberg AA, Meesters Y, **Gordijn M**, Haarman BCM, Murray G. Social Rhythm Disruption is Associated with Greater Depressive Symptoms in People with Mood Disorders: Findings from a Multinational Online Survey During COVID-19. *Can J Psychiatry*. 2022 May 10;7067437221097905. <https://doi.org/10.1177/07067437221097905>. Epub ahead of print. PMID: 35535550; PMCID: PMC9096005.

Harmsen JF, Wefers J, Doligkeid D, Schlangen L, Dautzenberg B, Rense P, van Moorsel D, Hoeks J, Moonen-Kornips E, **Gordijn MCM**, van Marken Lichtenbelt WD, Schrauwen P. The influence of bright and dim light on substrate metabolism, energy expenditure and thermoregulation in insulin-resistant individuals depends on time of day. *Diabetologia*. 2022 Apr;65(4):721-732. <https://doi.org/10.1007/s00125-021-05643-9>. Epub 2022 Feb 2. PMID: 35106618; PMCID: PMC8894310.

- Kahawage, P., Crowe, M., Gottlieb, J., Swartz, H.A., Yatham, L.N., Bullock, B., Inder, M., Poerter, R., Nierenberg, A.A., Meesters, Y., **Gordijn, M.**, Haarman, B.C.M. & Murray G. Adrift in time: the subjective experience of circadian challenge during COVID-19 amongst people with mood disorders. *J. of Biol. Med. Rhythm Res.* 2021: <https://doi.org/10.1080/07420528.2021.1967971>
- Lok R., Zerbini G., **Gordijn M.C.M.**, Beersma D.G.M., Hut R.A. Gold, silver or bronze: circadian variation strongly affects performance in Olympic athletes. *Sci Rep.* 2020 Oct 8;10(1):16088. doi: 10.1038/s41598-020-72573-8. PMID: 33033271; PMCID: PMC7544825.
- 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 slapeloosheid. *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).

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<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).
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