

# Research and Education CV

## Personal Information

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## Education

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- 2000-2006 High School (VWO level, 'Gymnasium')  
Maartenscollege, Haren, 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
- 2010-2012 Master of Science degree in Behaviour and Neuroscience  
University of Groningen, Groningen, the Netherlands
- Master project at Douglas Institute, Montreal, Canada

## Research experience

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- 2009 Behavioural Biology Research  
Second Generation Effect of Testosterone Injection in Chickens
- 2009 Chronobiology Research (Bachelor Research Project)  
Project dynamic light MEOD Shell Moerdijk, the Netherlands
- 2010 Chronobiology Research (First Master Research Project)  
Sleep Inertia, Cortisol and Glucose
- 2011 Sleep Research (Second 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
- 2011 Poster Presentation at the SLTBR Conference in Montreal  
Attended Symposium of Circadian Rhythms Research  
Attended Sleep Grand Round Teleconference with Harvard

2012	Colloquium, Parkinson's Disease and Statins (Literature Study)
2012	Master Thesis, The Effect of Caloric Restriction on the Immune System (Literature Study)
2013	Scientific Advisor at Chrono@Work B.V., Groningen, the Netherlands
2013-today	PhD, at the Sleep Medicine and Clinical Chronobiology research group, Sleep Medicine Clinic, St. Hedwig-Krankenhaus, Berlin, Germany

## Skills

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- RIA for cortisol and melatonin
  - EEG sleep scoring
  - EEG spectral analysis
  - Labtech training (at the Douglas Institute, Montreal, Canada)
  - Human blood sampling training (at the Douglas Institute, Montreal, Canada)
  - Eight years of experience working with children with Asperger syndrome
  - TOEFL test (Test of English as a Foreign Language)
  - Fluent in the languages:
    - Dutch
    - English
    - German
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