

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

Work phone number: +49 030 2311 2914

jan-lukas.de-zeeuw@charite.de

LinkedIn: <https://www.linkedin.com/in/jan-de-zeeuw-788aaa78>

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



Education & Occupation

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 - University Medicine 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, the Netherlands
2006-2010	Bachelor of Science Degree in Life Science and Technology University of Groningen, the Netherlands
2000-2006	High School (VWO level, 'Gymnasium') Maartenscollege, Haren, the Netherlands

Skills/Expertise

Project leadership:	Over 10 years of experience managing the full lifecycle of research projects, including experimental design, participant recruitment, data collection, analysis, and writing reports/publications.
Teaching & mentorship:	Extensive experience giving lectures and seminars to medical students in both German and English. Supervised bachelor, master, and PhD students, guiding them through research projects and thesis writing.
Public	Experienced in presenting research findings at international conferences.

- speaking: Consistently presented at the SLTBR (Society for Light Treatment and Biological Rhythms) conference annually since 2014.
- Data analysis: Proficient in data analysis using Excel, SPSS, and SigmaPlot. Expertise in processing large datasets, including electroencephalography (EEG), polysomnography (PSG), cognitive performance tests, chromatic pupillometry, and dopamine transporter single-photon emission computed tomography.
- Languages: Dutch (native), English (fluent), German (fluent).

Publications

- 2025 Schopp S*, **de Zeeuw J***, Stotz S, Haberecht M, Weihrich KS, Plotkin M, Bes F, Kunz D. EEG alpha peak frequency: cognitive impairment severity marker in isolated REM sleep behavior disorder. *NPJ Parkinson's Disease*. 2025, 11:185 (*co-first authors)
- Nowozin C, Wahnschaffe A, **de Zeeuw J**, Papakonstantinou A, Hädel S, Rodenbeck A, Bes F, Kunz D. Living in biological darkness II: Impact of winter habitual daytime light on night-time sleep. *European Journal of Neuroscience*. 2025, Volume 61, Issue 2
- Weihrich KS, Bes F, **de Zeeuw J**, Haberecht M, Kunz D. Relating photoperiod and outdoor temperature with sleep architecture in patients with neuropsychiatric sleep disorders. *Journal of Pineal Research*. 2025, Volume 77, Issue 1
- 2024 Steiner OL, **de Zeeuw J**. Melanopsin retinal ganglion cell function in Alzheimer's vs. Parkinson's disease an exploratory meta-analysis and review of pupillometry protocols. *Parkinsonism & Related Disorders*. 2024, Volume 123
- 2023 Seidler A, Weihrich KS, Bes F, **de Zeeuw J**, Kunz D. Seasonality of Human Sleep: Polysomnographic Data of a Neuropsychiatric Sleep Clinic. *Frontiers in Neuroscience*. 2023, Volume 17
- Kunz D, Stotz S, **de Zeeuw J**, Papakonstantinou A, Dümchen S, Haberecht M, Plotkin M, Bes F. Prognostic biomarkers in prodromal α -synucleinopathies: DaT-binding and REM-sleep without atonia. *Journal of Neurology, Neurosurgery and Psychiatry*. 2023, Volume 94, Issue 7, page 532-540
- 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*. 2022, Volume 4, Issue 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*. 2022, Volume 12, 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. PhD Thesis, 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 metamer lighting conditions during daytime. *Journal of Biological Rhythms*. 2019, Volume 34, 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*. 2018, Volume 8, 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*. 2018, Volume 128, 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*. 2017, Special Issue, Volume 14, 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*. 2017, Volume 74, 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*. 2017, Volume 61, p. 22-30 (* = co-first authors; [#] = co-last authors)

Grants / Prizes

- 2022 Robert-Koch-Preis der Charité: one of three best dissertations at Charité - University Medicine Berlin in 2021
- 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

- 2025 Oral presentation at the 36th Meeting of the Society for Light Rhythms and Circadian Health, Boston, United States:
de Zeeuw J, Nowozin C, Haberecht M, Hädel S, Bes F, Kunz D. Living in Biological Darkness III: Low-level morning lighting affects depression markers in healthy participants.
- 2024 Posters at the 27th Congress of the European Sleep Research Society, Seville, Spain:
 Poster 1: Schopp S, **de Zeeuw J**, Stotz S, Haberecht M, Plotkin M, Bes F, Kunz D. EEG alpha peak frequency, dopamine transporter binding ratios and cognition in prodromal α -synucleinopathy
 Poster 2: Haberecht M, Papakonstantinou, **de Zeeuw J**, Stotz S, Binte L, Dümchen S, Plotkin M, Bes F, Kunz D. REM sleep without atonia and dopamine-transporter binding: a comparison between two successive polysomnographic nights of patients with iRBD
 Attended the 35th Meeting of the Society for Light Treatment and Biological Rhythms, Prague, Czech Republic
- 2023 Abstract at the 31st Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Berlin, Germany:
 Schopp S, **de Zeeuw J**, Haberecht M, Bes F, Kunz D. EEG alpha peak frequency and DaT-binding ratios in iRBD
 Abstract at the eSleep ESRS virtual congress, awarded Best Abstract Award Neurology:
 Kunz D, Stotz S, **de Zeeuw J**, Papakonstantinou A, Dümchen S, Haberecht M, Plotkin M, Bes F. Prognostic biomarkers in prodromal α -synucleinopathies: DAT binding and REM sleep without atonia
 Posters at the 34th Meeting of the Society for Light Treatment and Biological Rhythms, Lausanne, Switzerland:
 Poster 1: Kähler H, **de Zeeuw J**, Kunz D, Bes F. "Rise & Shine": effects of morning light exposure on EEG alpha wave activity in patients with insomnia
 Poster 2: Kunz D, **de Zeeuw J**, Stotz S, Plotkin M, Bes F. Chronobiotic Use of Melatonin Improves DaT-Binding in iRBD
 Poster 3: Weihrich K, Bes F, **de Zeeuw J**, Haberecht M, Kunz D. Seasonality of Human Sleep: PSG in Urban Neuropsychiatric Patients
- 2022 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.
 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
 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)
 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.
 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
- 2021 Oral session chair at the 32nd Meeting of the Society for Light Treatment and Biological Rhythms, Virtual Congress
- 2020 Poster 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. Pupillography is a promising 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 Publiekssymposium, 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
-

Berlin, 07.10.25