

# Stanford

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## Jamie Zeitzer

Associate Professor (Research) of Psychiatry and Behavioral Sciences (Sleep Medicine)

Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine

### Bio

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#### ACADEMIC APPOINTMENTS

- Associate Professor (Research), Psychiatry and Behavioral Sciences - Stanford Center for Sleep Sciences and Medicine
- Member, Bio-X
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

#### PROFESSIONAL EDUCATION

- PhD, Harvard University , Neurobiology (1999)
- AB, Vassar College , Biology (1993)

### Research & Scholarship

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#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Zeitzer is a circadian physiologist specializing in the understanding of the impact of light on circadian rhythms and other aspects of non-image forming light perception.

He examines the manner in which humans respond to light and ways to manipulate this responsiveness, with direct application to jet lag, shift work, and altered sleep timing in teens. Dr. Zeitzer has also pioneered the use of actigraphy in the determination of epiphenomenal markers of psychiatric disorders.

#### CLINICAL TRIALS

- Bright Light as a Countermeasure for Circadian Desynchrony, Recruiting
- Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
- Efficacy and Safety of Tasimelteon Compared With Placebo in Totally Blind Subjects With Non-24-Hour Sleep-Wake Disorder, Not Recruiting
- Examination of the Effectiveness of Suvorexant in Improving Daytime Sleep in Shift Workers, Not Recruiting
- Light Flashes to Treat Delayed Sleep Phase Disorder (DSPD), Not Recruiting
- Toileting at Night in Older Adults: Light to Maximize Balance, Minimize Insomnia, Not Recruiting

### Teaching

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#### COURSES

##### 2019-20

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161 (Spr)

#### 2018-19

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161 (Win)

#### 2016-17

- The Neurobiology of Sleep: BIO 149, BIO 249, HUMBIO 161 (Win)

### STANFORD ADVISEES

#### Postdoctoral Faculty Sponsor

Renske Lok

### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Neurosciences (Phd Program)
- Psychiatry and Behavioral Science (Fellowship Program)
- Sleep Medicine (Fellowship Program)

### Publications

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#### PUBLICATIONS

- **Sleep-wake disorders in Alzheimer's disease: further genetic analyses in relation to objective sleep measures.** *International psychogeriatrics*  
Yesavage, J. A., Noda, A., Heath, A., McNerney, M. W., Domingue, B. W., Hernandez, Y., Benson, G., Hallmayer, J., O'Hara, R., Williams, L. M., Goldstein-Piekarski, A. N., Zeitzer, J. M., Fairchild, et al  
2019; 1–7
- **Comparative Effectiveness of Sleep Apnea Screening Instruments During Inpatient Rehabilitation Following Moderate to Severe TBI.** *Archives of physical medicine and rehabilitation*  
Nakase-Richardson, R., Schwartz, D. J., Drasher-Phillips, L., Ketchum, J. M., Calero, K., Dahdah, M. N., Monden, K. R., Bell, K., Magalang, U., Hoffman, J., Whyte, J., Bogner, J., Zeitzer, et al  
2019
- **Effect of Light Flashes vs Sham Therapy During Sleep With Adjunct Cognitive Behavioral Therapy on Sleep Quality Among Adolescents: A Randomized Clinical Trial.** *JAMA network open*  
Kaplan, K. A., Mashash, M., Williams, R., Batchelder, H., Starr-Glass, L., Zeitzer, J. M.  
2019; 2 (9): e1911944
- **Auditory psychomotor vigilance testing in older and young adults: a revised threshold setting procedure** *SLEEP AND BREATHING*  
Gabel, V., Kass, M., Joyce, D. S., Spitschan, M., Zeitzer, J. M.  
2019; 23 (3): 1021–25
- **Optimization of circadian responses with shorter and shorter millisecond flashes.** *Biology letters*  
Kaladchibachi, S., Negelspach, D. C., Zeitzer, J. M., Fernandez, F.  
2019; 15 (8): 20190371
- **Less is More: Ultrashort Light Flashes for Resetting the Human Circadian Clock**  
Zeitzer, J.  
KARGER.2019: 173
- **Comparison of Alternative Scoring Paradigms of Rest-Activity Consolidation to Inform A Biomarker of Circadian Disruption after TBI**  
Nakase-Richardson, R., Silva, M., Schwartz, D., Calero, K., Zeitzer, J.  
TAYLOR & FRANCIS LTD.2019: 19
- **The impact of chronotype on prosocial behavior** *PLOS ONE*  
Solomon, N. L., Zeitzer, J. M.  
2019; 14 (4)
- **ALTERNATIVE SCORING PARADIGMS OF REST-ACTIVITY CONSOLIDATION (RAC) IN MODERATE TO SEVERE TRAUMATIC BRAIN INJURY (TBI) DURING INPATIENT REHABILITATION**

Richardson, R., Silva, M., Calero, K., Zeitzer, J.  
OXFORD UNIV PRESS INC.2019

- **PROTEOMIC BIOMARKERS OF CIRCADIAN TIME**  
Ambati, A., Lin, L., Zitting, K., Duffy, J. F., Zeitzer, J., Spiegel, D., Czeisler, C. A., Mignot, E.  
OXFORD UNIV PRESS INC.2019
- **A COMPARISON OF MEDICAL-GRADE ACTIGRAPHY DEVICES WITH POLYSOMNOGRAPHY DURING INPATIENT REHABILITATION FOR TRAUMATIC BRAIN INJURY (TBI).**  
Guerrero, G. Y., Schwartz, D., Silva, M. Y., Zeitzer, J., Monden, K., Wittine, L., Bogner, J., Reljic, T., Nakase-Richardson, R.  
OXFORD UNIV PRESS INC.2019
- **RESTLESS LEG SYNDROME: DOES IT START WITH A GUT FEELING?**  
Blum, D. J., Doring, E., Barwick, F., Davidenko, P., Zeitzer, J. M.  
OXFORD UNIV PRESS INC.2019
- **The impact of chronotype on prosocial behavior.** *PloS one*  
Solomon, N. L., Zeitzer, J. M.  
2019; 14 (4): e0216309
- **Estimating Representative Group Intrinsic Circadian Period from Illuminance-Response Curve Data.** *Journal of biological rhythms*  
Stack, N., Zeitzer, J. M., Czeisler, C., Diniz Behn, C.  
2019: 748730419886992
- **Auditory psychomotor vigilance testing in older and young adults: a revised threshold setting procedure.** *Sleep & breathing = Schlaf & Atmung*  
Gabel, V., Kass, M., Joyce, D. S., Spitschan, M., Zeitzer, J. M.  
2019
- **Daytime midpoint as a digital biomarker for chronotype in bipolar disorder** *JOURNAL OF AFFECTIVE DISORDERS*  
Kaufmann, C. N., Gershon, A., Depp, C. A., Miller, S., Zeitzer, J. M., Ketter, T. A.  
2018; 241: 586–91
- **Morning physiological changes after a dawn simulation light**  
Gabel, V., Zeitzer, J. M.  
WILEY.2018
- **When is a proxy not a proxy? The foibles of studying non-image forming light.** *The Journal of physiology*  
Zeitzer, J. M.  
2018; 596 (11): 2029–30
- **THE EFFECTS OF CBT-I ON COGNITIVE FUNCTIONING IN INDIVIDUALS WITH INSOMNIA AND MILD COGNITIVE IMPAIRMENT**  
Goldstein-Piekarski, A. N., O'Hora, K., Buchanan, A., Lee, C., Hernandez, B., Zeitzer, J. M., Friedman, L., Kushida, C., Yesavage, J.  
OXFORD UNIV PRESS INC.2018: A154–A155
- **PSG VALIDATION OF MINUTE-TO-MINUTE SCORING FOR SLEEP AND WAKE PERIODS IN A CONSUMER WEARABLE DEVICE**  
Cheung, J., Zeitzer, J., Lu, H., Leary, E., Mignot, E.  
OXFORD UNIV PRESS INC.2018: A120–A121
- **THE ASSOCIATION OF COGNITIVE FUNCTION WITH 24-HOUR LIGHT EXPOSURE AND ACTIVITY PATTERNS IN OLDER MEN: A PILOT STUDY WITHIN THE MROS SLEEP STUDY**  
Blackwell, T. L., Figueiro, M. G., Jones, G. E., Tranah, G. J., Zeitzer, J. M., Yaffe, K., Ancoli-Israel, S., Stone, K. L.  
OXFORD UNIV PRESS INC.2018: A239–A240
- **DAWN SIMULATION AS A PASSIVE COUNTERMEASURE TO MORNING DIZZINESS IN OLDER ADULTS**  
Gabel, Zeitzer, J. M.  
OXFORD UNIV PRESS INC.2018: A108–A109
- **Serotonin transporter polymorphism, depressive symptoms, and emotional impulsivity among advanced breast cancer patients** *SUPPORTIVE CARE IN CANCER*  
Kim, Y., Carver, C. S., Hallmayer, J. F., Zeitzer, J. M., Palesh, O., Neri, E., Nouriani, B., Spiegel, D.  
2018; 26 (4): 1181–88

- **The association between mood state and chronobiological characteristics in bipolar I disorder: a naturalistic, variable cluster analysis-based study** *INTERNATIONAL JOURNAL OF BIPOLAR DISORDERS*  
Gonzalez, R., Suppes, T., Zeitzer, J., McClung, C., Tamminga, C., Tohen, M., Forero, A., Dwivedi, A., Alvarado, A.  
2018; 6: 5
- **Subjective versus objective evening chronotypes in bipolar disorder** *Journal of Affective Disorders*  
Gershon, A., Kaufmann, C. N., Depp, C. A., Miller, S., Do, D., Zeitzer, J. M., Ketter, T. A.  
2018; 225: 342–349
- **Subjective versus objective evening chronotypes in bipolar disorder.** *Journal of affective disorders*  
Gershon, A., Kaufmann, C. N., Depp, C. A., Miller, S., Do, D., Zeitzer, J. M., Ketter, T. A.  
2018; 225: 342–49
- **Correlates of sleep quality in midlife and beyond: a machine learning analysis.** *Sleep medicine*  
Kaplan, K. A., Hardas, P. P., Redline, S., Zeitzer, J. M.  
2017; 34: 162-167
- **Daily Patterns of Accelerometer Activity Predict Changes in Sleep, Cognition, and Mortality in Older Men.** *journals of gerontology. Series A, Biological sciences and medical sciences*  
Zeitzer, J. M., Blackwell, T., Hoffman, A. R., Cummings, S., Ancoli-Israel, S., Stone, K.  
2017
- **When a gold standard isn't so golden: Lack of prediction of subjective sleep quality from sleep polysomnography.** *Biological psychology*  
Kaplan, K. A., Hirshman, J., Hernandez, B., Stefanick, M. L., Hoffman, A. R., Redline, S., Ancoli-Israel, S., Stone, K., Friedman, L., Zeitzer, J. M.  
2017; 123: 37-46
- **Eating Decisions Based on Alertness Levels After a Single Night of Sleep Manipulation: A Randomized Clinical Trial.** *Sleep*  
Pardi, D., Buman, M., Black, J., Lammers, G. J., Zeitzer, J. M.  
2017; 40 (2)
- **Anatomy and Physiology of the Circadian System** *SLEEP AND NEUROLOGIC DISEASE*  
Najjar, R. P., Zeitzer, J. M., Miglis, M. G.  
2017: 29–53
- **Implementation of Actigraphy in Acute Traumatic Brain Injury (TBI) Neurorehabilitation Admissions: A Veterans Administration TBI Model Systems Feasibility Study** *PM&R*  
Towns, S. J., Zeitzer, J., Kamper, J., Holcomb, E., Silva, M. A., Schwartz, D. J., Nakase-Richardson, R.  
2016; 8 (11): 1046-1054
- **Daily Actigraphy Profiles Distinguish Depressive and Interepisode States in Bipolar Disorder.** *Clinical psychological science : a journal of the Association for Psychological Science*  
Gershon, A., Ram, N., Johnson, S. L., Harvey, A. G., Zeitzer, J. M.  
2016; 4 (4): 641-650
- **Aberrant nocturnal cortisol and disease progression in women with breast cancer** *BREAST CANCER RESEARCH AND TREATMENT*  
Zeitzer, J. M., Nouriani, B., Rissling, M. B., Sledge, G. W., Kaplan, K. A., Aasly, L., Palesh, O., Jo, B., Neri, E., Dhabhar, F. S., Spiegel, D.  
2016; 158 (1): 43-50
- **Concordance of Actigraphy With Polysomnography in Traumatic Brain Injury Neurorehabilitation Admissions.** *journal of head trauma rehabilitation*  
Kamper, J. E., Garofano, J., Schwartz, D. J., Silva, M. A., Zeitzer, J., Modarres, M., Barnett, S. D., Nakase-Richardson, R.  
2016; 31 (2): 117-125
- **Temporal integration of light flashes by the human circadian system** *JOURNAL OF CLINICAL INVESTIGATION*  
Najjar, R. P., Zeitzer, J. M.  
2016; 126 (3): 938-947
- **Ubiquity of Undiagnosed Sleep Disordered Breathing in Community-Dwelling Older Male Veterans.** *American journal of geriatric psychiatry*  
Iqbal, N., Kinoshita, L. M., Noda, A., Friedman, L., Yesavage, J. A., Zeitzer, J. M.  
2016; 24 (2): 170-173

- **Sleep Disturbance, Diabetes, and Cardiovascular Disease in Postmenopausal Veteran Women** *GERONTOLOGIST*  
Rissling, M. B., Gray, K. E., Ulmer, C. S., Martin, J. L., Zaslavsky, O., Gray, S. L., Hale, L., Zeitzer, J. M., Naughton, M., Woods, N. F., LaCroix, A., Calhoun, P. S., Stefanick, et al  
2016; 56: S54-S66
- **Standing Balance and Spatiotemporal Aspects of Gait Are Impaired Upon Nocturnal Awakening in Healthy Late Middle-Aged and Older Adults** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
McBean, A. L., Najjar, R. P., Schuchard, R. A., Hall, C. D., Wang, C., Ku, B., Zeitzer, J. M.  
2016; 12 (11): 1477-1486
- **Real life trumps laboratory in matters of public health.** *Proceedings of the National Academy of Sciences of the United States of America*  
Zeitzer, J. M.  
2015; 112 (13): E1513
- **Nocturia Reported in Nightly Sleep Diaries: Common Occurrence With Significant Implications?** *HEALTH PSYCHOLOGY*  
Bliwise, D. L., Friedman, L., Hernandez, B., Zeitzer, J. M., Kushida, C. A., Yesavage, J. A.  
2014; 33 (11): 1362-1365
- **Nocturia reported in nightly sleep diaries: common occurrence with significant implications?** *Health psychology*  
Bliwise, D. L., Friedman, L., Hernandez, B., Zeitzer, J. M., Kushida, C. A., Yesavage, J. A.  
2014; 33 (11): 1362-1365
- **Millisecond Flashes of Light Phase Delay the Human Circadian Clock during Sleep** *JOURNAL OF BIOLOGICAL RHYTHMS*  
Zeitzer, J. M., Fiscaro, R. A., Ruby, N. F., Heller, H. C.  
2014; 29 (5): 370-376
- **Millisecond flashes of light phase delay the human circadian clock during sleep.** *Journal of biological rhythms*  
Zeitzer, J. M., Fiscaro, R. A., Ruby, N. F., Heller, H. C.  
2014; 29 (5): 370-376
- **Bedtime misalignment and progression of breast cancer.** *Chronobiology international*  
Hahn, B., Jo, B., Dhabhar, F. S., Palesh, O., Aldridge-Gerry, A., Bajestan, S. N., Neri, E., Nouriani, B., Spiegel, D., Zeitzer, J. M.  
2014; 31 (2): 214-221
- **Effects of body mass index-related disorders on cognition: preliminary results.** *Diabetes, metabolic syndrome and obesity : targets and therapy*  
Yesavage, J. A., Kinoshita, L. M., Noda, A., Lazzeroni, L. C., Fairchild, J. K., Taylor, J., Kulick, D., Friedman, L., Cheng, J., Zeitzer, J. M., O'Hara, R.  
2014; 7: 145-151
- **Randomized controlled trial of pharmacological replacement of melatonin for sleep disruption in individuals with tetraplegia** *JOURNAL OF SPINAL CORD MEDICINE*  
Zeitzer, J. M., Ku, B., Ota, D., Kiratli, B. J.  
2014; 37 (1): 46-53
- **Correspondence of plasma and salivary cortisol patterns in women with breast cancer.** *Neuroendocrinology*  
Zeitzer, J. M., Nouriani, B., Neri, E., Spiegel, D.  
2014; 100 (2-3): 153-161
- **Longitudinal assessment of sleep disordered breathing in Vietnam veterans with post-traumatic stress disorder.** *Nature and science of sleep*  
Yesavage, J. A., Kinoshita, L. M., Noda, A., Lazzeroni, L. C., Fairchild, J. K., Friedman, L., Sekhon, G., Thompson, S., Cheng, J., Zeitzer, J. M.  
2014; 6: 123-127
- **Retino-hypothalamic regulation of light-induced murine sleep.** *Frontiers in systems neuroscience*  
Muindi, F., Zeitzer, J. M., Heller, H. C.  
2014; 8: 135-?
- **Actigraphy-Measured Sleep Disruption as a Predictor of Survival among Women with Advanced Breast Cancer.** *Sleep*  
Palesh, O., Aldridge-Gerry, A., Zeitzer, J. M., Koopman, C., Neri, E., Giese-Davis, J., Jo, B., Kraemer, H., Nouriani, B., Spiegel, D.  
2014; 37 (5): 837-842
- **Psychosocial correlates of sleep quality and architecture in women with metastatic breast cancer.** *Sleep medicine*

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- Aldridge-Gerry, A., Zeitzer, J. M., Palesh, O. G., Jo, B., Nouriani, B., Neri, E., Spiegel, D.  
2013; 14 (11): 1178-1186
- **Psychosocial correlates of sleep quality and architecture in women with metastatic breast cancer** *SLEEP MEDICINE*  
Aldridge-Gerry, A., Zeitzer, J. M., Palesh, O. G., Jo, B., Nouriani, B., Neri, E., Spiegel, D.  
2013; 14 (11): 1178-1186
  - **A survey study of the association between mobile phone use and daytime sleepiness in California high school students** *BMC PUBLIC HEALTH*  
Nathan, N., Zeitzer, J.  
2013; 13
  - **The acute effects of light on murine sleep during the dark phase: importance of melanopsin for maintenance of light-induced sleep.** *European journal of neuroscience*  
Muindi, F., Zeitzer, J. M., Colas, D., Heller, H. C.  
2013; 37 (11): 1727-1736
  - **Phenotyping apathy in individuals with Alzheimer disease using functional principal component analysis.** *American journal of geriatric psychiatry*  
Zeitzer, J. M., David, R., Friedman, L., Mulin, E., Garcia, R., Wang, J., Yesavage, J. A., Robert, P. H., Shannon, W.  
2013; 21 (4): 391-397
  - **Nocturia Compounds Nocturnal Wakefulness in Older Individuals with Insomnia** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Zeitzer, J. M., Bliwise, D. L., Hernandez, B., Friedman, L., Yesavage, J. A.  
2013; 9 (3): 259-262
  - **Control of sleep and wakefulness in health and disease.** *Progress in molecular biology and translational science*  
Zeitzer, J. M.  
2013; 119: 137-54
  - **Modeling the effects of obstructive sleep apnea and hypertension in Vietnam veterans with PTSD** *SLEEP AND BREATHING*  
Kinoshita, L. M., Yesavage, J. A., Noda, A., Jo, B., Hernandez, B., Taylor, J., Zeitzer, J. M., Friedman, L., Fairchild, J. K., Cheng, J., Kuschner, W., O'Hara, R., Holty, et al  
2012; 16 (4): 1201-1209
  - **Decreased Daytime Motor Activity Associated With Apathy in Alzheimer Disease: An Actigraphic Study** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
David, R., Mulin, E., Friedman, L., Le Duff, F., Cygankiewicz, E., Deschaux, O., Garcia, R., Yesavage, J. A., Robert, P. H., Zeitzer, J. M.  
2012; 20 (9): 806-814
  - **Psychosocial correlates of sleep architecture in women with advanced breast cancer.** *48th Annual Meeting of the American-Society-of-Clinical-Oncology (ASCO)*  
Gerry, A. A., Jo, B., Palesh, O., Zeitzer, J., Neri, E., Spiegel, D.  
AMER SOC CLINICAL ONCOLOGY.2012
  - **Brief morning light treatment for sleep/wake disturbances in older memory-impaired individuals and their caregivers** *SLEEP MEDICINE*  
Friedman, L., Spira, A. P., Hernandez, B., Mather, C., Sheikh, J., Ancoli-Israel, S., Yesavage, J. A., Zeitzer, J. M.  
2012; 13 (5): 546-549
  - **Time-course of cerebrospinal fluid histamine in the wake-consolidated squirrel monkey** *JOURNAL OF SLEEP RESEARCH*  
Zeitzer, J. M., Kodama, T., Buckmaster, C. L., Honda, Y., Lyons, D. M., Nishino, S., Mignot, E.  
2012; 21 (2): 189-194
  - **Modeling caffeine concentrations with the Stanford Caffeine Questionnaire: Preliminary evidence for an interaction of chronotype with the effects of caffeine on sleep** *SLEEP MEDICINE*  
Nova, P., Hernandez, B., Ptolemy, A. S., Zeitzer, J. M.  
2012; 13 (4): 362-367
  - **Sleep-Disordered Breathing in Vietnam Veterans with Posttraumatic Stress Disorder** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Yesavage, J. A., Kinoshita, L. M., Kimball, T., Zeitzer, J., Friedman, L., Noda, A., David, R., Hernandez, B., Lee, T., Cheng, J., O'Hara, R.  
2012; 20 (3): 199-204

- **Phenotyping Apathy in Individuals With Alzheimer Disease Using Functional Principal Component Analysis.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Zeitzer, J. M., David, R., Friedman, L., Mulin, E., Garcia, R., Wang, J., Yesavage, J. A., Robert, P. H., Shannon, W.  
2012
- **Effectiveness of evening phototherapy for insomnia is reduced by bright daytime light exposure** *SLEEP MEDICINE*  
Zeitzer, J. M., Friedman, L., Yesavage, J. A.  
2011; 12 (8): 805-807
- **The Roles of COMT val158met Status and Aviation Expertise in Flight Simulator Performance and Cognitive Ability** *BEHAVIOR GENETICS*  
Kennedy, Q., Taylor, J. L., Noda, A., Adamson, M., Murphy, G. M., Zeitzer, J. M., Yesavage, J. A.  
2011; 41 (5): 700-708
- **Response of the Human Circadian System to Millisecond Flashes of Light** *PLOS ONE*  
Zeitzer, J. M., Ruby, N. F., Fiscaro, R. A., Heller, H. C.  
2011; 6 (7)
- **Initial Cognitive Performance Predicts Longitudinal Aviator Performance** *JOURNALS OF GERONTOLOGY SERIES B-PSYCHOLOGICAL SCIENCES AND SOCIAL SCIENCES*  
Yesavage, J. A., Jo, B., Adamson, M. M., Kennedy, Q., Noda, A., Hernandez, B., Zeitzer, J. M., Friedman, L. F., Fairchild, K., Scanlon, B. K., Murphy, G. M., Taylor, J. L.  
2011; 66 (4): 444-453
- **Circadian Clock Gene Polymorphisms and Sleep-Wake Disturbance in Alzheimer Disease** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Yesavage, J. A., Noda, A., Hernandez, B., Friedman, L., Cheng, J. J., Tinklenberg, J. R., Hallmayer, J., O'Hara, R., David, R., Robert, P., Landsverk, E., Zeitzer, J. M.  
2011; 19 (7): 635-643
- **Faster REM sleep EEG and worse restedness in older insomniacs with HLA DQB1\*0602** *PSYCHIATRY RESEARCH*  
Zeitzer, J. M., Fiscaro, R. A., Grove, M. E., Mignot, E., Yesavage, J. A., Friedman, L.  
2011; 187 (3): 397-400
- **Exposure to Room Light before Bedtime Suppresses Melatonin Onset and Shortens Melatonin Duration in Humans** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*  
Gooley, J. J., Chamberlain, K., Smith, K. A., Khalsa, S. B., Rajaratnam, S. M., Van Reen, E., Zeitzer, J. M., Czeisler, C. A., Lockley, S. W.  
2011; 96 (3): E463-E472
- **Lack of Association Between COMT Polymorphisms and Apathy in Alzheimer's Disease** *JOURNAL OF ALZHEIMERS DISEASE*  
David, R., Friedman, L., Mulin, E., Noda, A., Le Duff, F., Kennedy, Q., Garcia, R., Robert, P. H., Yesavage, J. A., Zeitzer, J. M.  
2011; 27 (1): 155-161
- **Relationship between Apathy and Sleep Disturbance in Mild and Moderate Alzheimer's Disease: An Actigraphic Study** *JOURNAL OF ALZHEIMERS DISEASE*  
Mulin, E., Zeitzer, J. M., Friedman, L., Le Duff, F., Yesavage, J., Robert, P. H., David, R.  
2011; 25 (1): 85-91
- **Effects of sleep on the cardiovascular and thermoregulatory systems: a possible role for hypocretins** *JOURNAL OF APPLIED PHYSIOLOGY*  
Schwimmer, H., Stauss, H. M., Abboud, F., Nishino, S., Mignot, E., Zeitzer, J. M.  
2010; 109 (4): 1053-1063
- **Sex Differences in Phase Angle of Entrainment and Melatonin Amplitude in Humans** *JOURNAL OF BIOLOGICAL RHYTHMS*  
Cain, S. W., Dennison, C. F., Zeitzer, J. M., Guzik, A. M., Khalsa, S. B., Santhi, N., Schoen, M. W., Czeisler, C. A., Duffy, J. F.  
2010; 25 (4): 288-296
- **Preliminary evidence that plasma oxytocin levels are elevated in major depression** *PSYCHIATRY RESEARCH*  
Parker, K. J., Kenna, H. A., Zeitzer, J. M., Keller, J., Blasey, C. M., Amico, J. A., Schatzberg, A. F.  
2010; 178 (2): 359-362
- **Non-pharmacologic management of sleep disturbance in Alzheimer's disease** *JOURNAL OF NUTRITION HEALTH & AGING*  
David, R., Zeitzer, J., Friedman, L., Noda, A., O'Hara, R., Robert, P., Yesavage, J. A.

2010; 14 (3): 203-206

- **Modafinil and gamma-hydroxybutyrate have sleep state-specific pharmacological actions on hypocretin-1 physiology in a primate model of human sleep** *BEHAVIOURAL PHARMACOLOGY*  
Zeitzer, J. M., Buckmaster, C. L., Landolt, H., Lyons, D. M., Mignot, E.  
2009; 20 (7): 643-652
- **Elevated Anti-Streptococcal Antibodies in Patients with Recent Narcolepsy Onset** *SLEEP*  
Aran, A., Lin, L., Nevsimalova, S., Plazzi, G., Hong, S. C., Weiner, K., Zeitzer, J., Mignot, E.  
2009; 32 (8): 979-983
- **Scheduled Bright Light for Treatment of Insomnia in Older Adults** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*  
Friedman, L., Zeitzer, J. M., Kushida, C., Zhdanova, I., Noda, A., Lee, T., Schneider, B., Guilleminault, C., Sheikh, J., Yesavage, J. A.  
2009; 57 (3): 441-452
- **Sleep apnea, apolipoprotein epsilon 4 allele, and TBI: Mechanism for cognitive dysfunction and development of dementia** *JOURNAL OF REHABILITATION RESEARCH AND DEVELOPMENT*  
O'Hara, R., Luzon, A., Hubbard, J., Zeitzer, J. M.  
2009; 46 (6): 837-850
- **HLA DQB1\*0602 IS ASSOCIATED WITH SLEEP PERCEPTION IN OLDER INDIVIDUALS WITH INSOMNIA** *23rd Annual Meeting of the Associated-Professional-Sleep-Societies (APSS)*  
Zeitzer, J., Grove, M. E., Mignot, E., Yesavage, J. A., Friedman, L.  
AMER ACAD SLEEP MEDICINE.2009: A262-A262
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