

# Curriculum Vitae

## Heidi Danker-Hopfe



### Kontakt Daten

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### Education and qualifications

1974 – 1979	Study of the subjects biology and mathematics at the University of Bremen, 1979: graduation First State Examination, passed with honours
1984	Dr.rer.nat. at the Department of Biology and Chemistry at the University of Bremen with the rating „summa cum laude“
1996	Habilitation (PD) at the University of Bremen Venia Legendi for human biology
2003	Awarding the title extraordinary professor

## Career

1969 – 1984	Scientific associate (Phase I) human biology at the Department of Biology/Chemistry at the University of Bremen
1984 – 1989	Scientific associate (Phase II) human biology at the Department Biology/Chemistry at the University of Bremen
1989 – 1995	Research assistant (C1) human biology at the Department Biology/Chemistry at the University of Bremen
1996 – 1998	Research assistant at the Department of Psychiatry, (Psychophysiology and Sleep Laboratory) Benjamin Franklin, Free University of Berlin Franklin der Freien Universität Berlin (within this time 1 year leave for a Visiting Professorship at the University of Bremen)
1997 – 1998	Visiting Professor for human biology at the Department Biology/Chemistry at the University of Bremen
since 1998	Permanent Employment Department of Psychiatry Psychophysiology and Sleep Laboratory) Benjamin Franklin, Free University of Berlin Franklin der Freien Universität Berlin (since June 2003 Charité – Universitätsmedizin Berlin)
since 2001	Head of the Competence Center for Sleep Medicine (Charité Center 15: Neurology, Neurosurgery and Psychiatry) at the Charité – Universitätsmedizin Berlin
2003 – 2006	Deputy Head of the DFG-Graduiertenkolleg „ <i>Neuropsychiatry and Psychology of Aging</i> “
2009 - 2015	Member of the committee „ <i>Non-Ionising Radiation (NIS)</i> “ of the Radiation Protection Commission (SSK) of the Federal Ministry for the Environment, Nature Conservation, Building and Nuclear Safety
2012 – 2015	Member of the Scientific Committee on Emerging and Newly Identified Health Risks of the European Union (external expert)
since 2013	Member of the EMF Council of the Swedish Radiation Safety Authority

## Stays abroad

March 1980	Guest researcher at the Institute of Anthropology, Delhi University, India, (4 weeks) as a guest of Prof. Dr. RS Singh and MK Bhasin, Ph D
March 1988 – May 1988	University of Texas, Health Science Center Houston, Graduate School of Biomedical Sciences (DAAD-scholarship) as a guest of Prof. Dr. R. Chakraborty
January 1992 – May 1992	Visiting Scholar at the University of Texas at Austin, Department of Kinesiology and Health Education As a guest of Prof. Dr. R.M. Malina
Sept. – Oct. 1993	Polish Academy of Sciences, Wrocław, Institute of Anthropology (Go-East scholarship of the EU) as a guest of Prof. B. Hulanicka

## Editorial Board-activities

since 1989	member (with varying duration) of the Editorial Board of various international peer-reviewed journals with focus in anthropology, human biology and sleep medicine/sleep research, respectively:
1989 – 1997	American Journal of Human Biology
1995 – 2000	International Journal of Anthropology
1995 – 2000	Yearbook of Anthropology
1996 – 1998	Papers of Antropologiczny
1996 – 1998	Przegląd Antropologiczny
1997 – 2000	Annals of Human Biology
since 2012	Somnologie (responsibility: methods)

## Reviewer activities

since 1989

Activity as reviewer for the journal mentioned above additionally for e.g.:

Brain Stimulation  
Sleep and Breathing  
Bioelectromagnetics  
PLOS one

## Publications

- Danker-Hopfe H, Kowalski JT, Stein M, Röttger S, Sauter C: Development, implementation, and evaluation of a sleep coaching program for the German Armed Forces. *Somnologie*. doi: 10.1007/s11818-017-0109-5.
- Danker-Hopfe H, Sauter C, Kowalski JT, Kropp S, Ströhle A, Wesemann U, Zimmermann PL: Sleep quality of German soldiers before, during and after deployment to Afghanistan – a prospective study. *J Sleep Res*. 2017 Jun;26(3):353-363. doi: 10.1111/jsr.12522. Epub 2017 Apr 4:
- Sofin Y, Danker-Hopfe H, Gooren T, Neu P: Predicting inpatient detoxification outcome of alcohol and drug dependent patients: The influence of sociodemographic environment, motivation, impulsivity, and medical comorbidities. *J Addict* 2017;2017:6415831. doi: 10.1155/2017/6415831. Epub 2017 Mar 6.
- Sofin Y, Danker-Hopfe H, Neu P: The effect of significant international sports events on qualified detoxification treatment outcome – do drop-out rates change during UEFA European championship? *Plos One* Dec 28;11(12):e0167446. doi: 10.1371/journal.pone.0167446. PMID: 28030560
- Roepke S, Danker-Hopfe H, Repantis D, Behnia B, Bernard F, Hansen ML, Otte C: Doxazosin, an  $\alpha$ -1-adrenergic-receptor antagonist, for nightmares in patients with posttraumatic stress disorder and/or borderline personality disorder: a chart review. *Pharmacopsychiatry* June 2016.
- Danker-Hopfe H, Dorn H, Bolz T, Peter A, Hansen ML, Eggert T, Sauter C: Effects of mobile phone exposure (GSM 900 and WCDMA/UMTS) on polysomnography based sleep quality: An intra- and interindividual perspective. *Environ Res* 2016 145:50-60.
- Wesemann U, Schura R, Kowalski JT, Kropp S, Danker-Hopfe H, Rau H, Ströhle A, Thiele J, Zimmermann PL: Association of deployment and tobacco dependence among soldiers (Artikel auf Deutsch). *Gesundheitswesen* Oktober 2015.
- Eggert T, Dorn H, Sauter C, Marasanov A, Hansen ML, Peter A, Schmid G, Bolz T, Danker-Hopfe H: Terrestrial Trunked Radio exposure and its impact on slow cortical potentials. *Environ Res* 2015 143:112-122.
- Sauter C, Eggert T, Dorn H, Schmid G, Bolz T, Marasanov A, Hansen ML, Peter A, Danker-Hopfe H: Do signals of a hand-held TETRA transmitter affect cognitive performance, well-being, mood or somatic complaints in healthy young men? Results of a randomized double-blind cross-over study. *Environ Res* 2015 140:85-95.
- Danker-Hopfe H, Gruber G, Olbert E, Dorffner G, Anderer P: Variations in microstructures of REM sleep between men and women and/or with age. *Somnologie* 2015 19(1) 12-21.

- Eggert T, Sauter C, Dorn H, Peter A, Hansen ML, Marasanov A, Danker-Hopfe H: Individual stability of sleep spindle characteristics in healthy young males. *Somnologie* 2015 19(1) 38-45.
- Brakemeier EL, Merkl A, Wilbertz G, Quante A, Regen F, Bührsch N, van Hall F, Kischkel E, Danker-Hopfe H, Angheliescu I, Heuser I, Kathmann N, Bajbouj M: Reply to: Continuation antidepressant strategies after electroconvulsive therapy: ultrabrief pulse versus cognitive-behavioral therapy. *Biol Psychiatry* 2015 77(3):e9.
- Dorn H, Schmid G, Eggert T, Sauter C, Bolz T, Danker-Hopfe H: Experimental investigation of possible warmth perception from a head exposure system for human provocation studies with TETRA handset-like signals. *Bioelectromagnetics* 2014 35(6) 452-458.
- Zimmermann-Viehoff F, Kuehl L, Danker-Hopfe H, Whooley MA, Otte C: Antidepressants, autonomic function and mortality in patients with coronary heart disease: data from the Heart and Soul study. *Psychol Med* 2014 44(14) 2975-2984.
- Brakemeier EL, Merkl A, Wilbertz G, Quante A, Regen F, Bührsch N, van Hall F, Kischkel E, Danker-Hopfe H, Angheliescu I, Heuser I, Kathmann N, Bajbouj M: Cognitivebehavioral therapy as continuation treatment to sustain response after electroconvulsive therapy in depression: a randomized controlled trial. *Biol Psychiatry* 2014 76(5) 194-202; Erratum in *Biol Psychiatry* 2014 75(5) 430.
- Rosche B, Werner J, Benzel FJ, Harms L, Danker-Hopfe H, Hellweg R: Serum levels of brain-derived neurotrophic factor (BDNF) in multiple sclerosis patients with *Trichuris suis* ova therapy. *Parasite* 2013 20 55 ahead of print.
- Ratti E, Carpenter DJ, Zamuner S, Fernandes S, Squassante L, Danker-Hopfe H, Archer G, Robertson J, Alexander R, Trist DG, Merlo-Pich E: Efficacy of vestipitant, a neurokinin-1 receptor antagonist, in primary insomnia. *Sleep* 2013 36(12) 1823-1830.
- Dauvilliers Y, Bassetti C, Lammers GJ, Arnulf I, Mayer G, Rodenbeck A, Lehert P, Ding CL, Lecomte JM, Schwartz JC, HARMONY I study group (Danker-Hopfe member if the study group): Pitolisant versus placebo or modafinil in patients with narcolepsy: a doubleblind, randomized trial. *Lancet Neurol* 2013, 12(11) 1068-1075.
- Eggert T, Dorn H, Sauter C, Nitsche MA, Bajbouj M, Danker-Hopfe H: No effects of slow oscillatory transcranial direct current stimulation (tDCS) on sleep-dependent memory consolidation in healthy elderly subjects. *Brain Stim* 2013 6(6) 938-945.
- Regen F, Dorn H, Danker-Hopfe H: Associations between pupillary unrest index and waking electroencephalogram activity in sleep-deprived healthy subjects. *Sleep Med* 2013, 14(9) 902-912.
- Roepke S, Hansen ML, Peter A, Merkl A, Palafox C, Danker-Hopfe H: Nightmares that mislead to diagnosis of reactivation of PTSD, *Eur J Psychotraumatol*, 2013, 4 doi: 10.3402/ejpt.v4i0.18714.
- Jobert M, Wilson FJ, Roth T, Ruigt GS, Anderer P, Dinkenburg WH, Bes FW, Brunovsky M, Danker-Hopfe H, Freeman J, van gerven JM, Gruber G, Kemp B, Klösch G, Ma J, Penzel T, Peterson BT, Schulz H, Staner L, Saletu B, Svetnik V, IPEG Pharmacology-EEG Guidelines Committee: Guidelines for the recording and evaluation of pharmacology-sleep studies in man: the International Pharmacology-EEG Society (IPEG). *Neuropsychobiology* 2013 67(3), 127-167.
- Sauter C, Danker-Hopfe H, Loretz E, Zeitlhofer J, Geisler P, Popp R: The assessment of vigilance: normative data on the Siesta sustained attention test. *Sleep Med* 2013, 14(6) 542 – 548.
- Eggert T, Sauter C, Popp R, Zeitlhofer J, Danker-Hopfe H: The Pupillometric Sleepiness

Test in adults: effects of age, gender, and time of day on pupillometric variables. *Am J Hum Biol* 2012 24(6) 820-828.

Bettica P, Squassante L, Zamuner S, Nucci G, Danker-Hopfe H, Ratti E: The orexin antagonist SB-649868 promotes and maintains sleep in men with primary insomnia. *Sleep* 2012, 35(8): 1097-1104.

Hoever P, Dorffner G, Benes H, Penzel T, Danker-Hopfe H, Barbanj MJ, Pillar G, Saletu B, Polo O, Kunz D, Zeitlhofer J, Berg S, Partinen M, Bassetti CL, Högl B, Ebrahim IO, Holsboer-Trachsler E, Bengtsson H, Peker Y, Hemmeter UM, Chioffi E, Hajak G, Dingemans J: Orexin receptor antagonism, a new sleep-enabling paradigm: a proof-of-concept clinical trial. *Clin Pharmacol Ther* 2012, 91(6): 975-985.

Schmid G, Bolz T, Uberbacher R, Escorihuela-Navarro A, Bahr A, Dorn H, Sauter C, Eggert T, Danker-Hopfe H: Design and dosimetric analysis of a 385 MHz TETRA head exposure system for use in human provocation studies. *Bioelectromagnetics* 2012, 33(7): 594-603.

Danker-Hopfe H: Growth and development of children with a special focus on sleep. *Prog Biophys Mol Biol* 2011, 107(3): 333-338.

Kraemer S, Danker-Hopfe H, Pilhatsch M, Bes F, Bauer M: Effects of supraphysiological doses of levothyroxine on sleep in healthy subjects: a prospective polysomnography study. *J Thyroid Res* 2011. July 7 Epub ahead of print.

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Körtner K, Hansen ML, Danker-Hopfe H, Neuhaus AH, Jockers-Scherübl MC: Persistent deficits of visual recall in Kleine-Levin syndrome. *J Clin Neurosci*. 2011 Mar;18(3):439-40. Epub 2011 Jan 13.

Danker-Hopfe H, Dorn H, Bahr A, Anderer P, Sauter C: Effects of electromagnetic fields emitted by mobile phones (GSM 900 and WCDMA/UMTS) on the macrostructure of sleep. *J Sleep Res*. 2011 Mar;20(1 Pt 1):73-81. doi: 10.1111/j.1365-2869.2010.00850.x.

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Danker-Hopfe H, Dorn H, Bornkessel C, Sauter C: Do mobile phone base stations affect sleep of residents? Results from an experimental double-blind sham-controlled field study. *Am J Hum Biol*. 2010 Sep-Oct;22(5):613-8.

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- Danker-Hopfe H, Anderer P, Zeitlhofer J, Boeck M, Dorn H, Gruber G, Heller E, Loretz E, Moser D, Parapatics S, Saletu B, Schmidt A, Dorffner G: Interrater reliability for sleep scoring according to the Rechtschaffen & Kales and the new AASM standard. *J Sleep Res*. 2009, 18(1) 74-84
- Moser D, Anderer P, Gruber G, Parapatics S, Loretz E, Boeck M, Kloesch G, Heller E, Schmidt A, Danker-Hopfe H, Saletu B, Zeitlhofer J, Dorffner G: Sleep classification according to AASM and Rechtschaffen & Kales: effects on sleep scoring parameters. *Sleep*. 2009, 32(2) 139-49
- Hornung OP, Regen F, Dorn H, Angheliescu I, Kathmann N, Schredl M, Danker-Hopfe H, Heuser I: The effects of donepezil on postlearning sleep EEG of healthy older adults. *Pharmacopsychiatry*. 2009 Jan;42(1):9-13
- Lang UE, Günther L, Scheuch K, Klein J, Eckhart S, Hellweg R, Danker-Hopfe H, Oehler J: Higher BDNF concentrations in the hippocampus and cortex of an aggressive mouse strain. *Behav Brain Res*. 2009, 197(1) 246-249
- Jakob F, Brakemeier EL, Schommer N, Quante A, Merkl A, Danker-Hopfe H, Angheliescu I, Heuser I, Bajbouj M: Ultrahigh frequency repetitive transcranial magnetic stimulation in unipolar depression. *J Clin Psychopharmacol* 2008, 28(4) 474-476
- Schulte-Herbrüggen O, Eckart S, Deicke U, Kühl A, Otten U, Danker-Hopfe A, Abramowski D, Staufienbiel M, Hellweg: Age-dependent time course of cerebral brain-derived neurotrophic factor, nerve growth factor, and neurotrophin-3 in APP23 transgenic mice. *J Neurosci Res* 2008, 86(12) 2774-2783
- Brakemeier EL, Wilbertz G, Rodax S, Danker-Hopfe H, Zinka B, Zwanzger P, Grossheinrich N, Várkuti B, Rupprecht R, Bajbouj M, Padberg E: Patterns of response to repetitive transcranial magnetic stimulation (rTMS) in major depression: replication study in drug-free patients, *J Affect Disord*, 2008 108(1-2), 59-70.
- Hornung OP, Regen F, Danker-Hopfe H, Heuser I, Lammers CH: Declarative and procedural memory consolidation during sleep in patients with borderline personality disorder. *J Psychiatr Research*, 2008, 42(8), 653-658.
- Sauter C, Popp R, Danker-Hopfe H, Büttner A, Wilhelm B, Binder R, Böhning W, Weeß, HG: Normative values of the German Epworth Sleepiness Scale. Results from a multicenter study. *Somnologie* 2007, 11 272-278.
- Peter A, Hansen ML, Merkl A, Voigtländer S, Bajbouj M, Danker-Hopfe H: REM sleep behaviour disorder and excessive startle reaction to visual stimuli in a patient with pontine lesions. *Sleep Med* 2007,
- Hornung OP, Regen F, Danker-Hopfe H, Heuser I, Angheliescu I: Sleep-related memory consolidation in depression: an emerging field of research. *Depress Anxiety* 2007.
- Schulte-Herbrüggen O, Hamker U, Meske V, Danker-Hopfe H, Ohm TG, Hellweg R: beta/A4-Amyloid increases nerve growth factor production in rat primary hippocampal astrocyte cultures. *Int J Dev Neurosci* 2007, 25(6) 387-390
- Merkl A, Brakemeier EL, Danker-Hopfe H, Bajbouj M: Vagus nerve stimulation improves restless legs syndrome associated with major depression: a case report. *J Clin Psychiatry* 2007 68(4) 635-656

- Jockers-Scherübl MC, Zubraegel D, Baer T, Linden M, Danker-Hopfe H, Schulteherbrüggen O, Neu P, Hellweg R. Nerve growth factor serum concentrations rise after successful cognitive-behavioural therapy of generalized anxiety disorder. *Prog Neuropsychopharmacol Biol Psychiatry* 2007 31(1) 200-204
- Jockers-Scherübl MC, Bauer A, Kuhn S, Reischies F, Danker-Hopfe H, Schmidt LG, Rentzsch J, Hellweg R. Nerve growth factor in serum is a marker of the stage of alcohol disease. *Neurosci Lett* 2007 419(1) 78-82
- Ziegenhorn AA, Schulte-Herbrüggen O, Danker-Hopfe H, Malbranc M, Hartung HD, Anders D, Lang UE, Steinhagen-Thiessen E, Schaub RT, Hellweg R. Serum neutrophins – A study on the time course and influencing factors in a large old age sample. *Neurobiol Aging* 2007 28(9) 1436-1445
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- Luborzewski A, Schubert F, Danker-Hopfe H, Brakemeier EL, Schlattmann P, Angheliescu I, Colla M, Bajbouj M. Metabolic alterations in the dorso9lateral prefrontal cortex after treatment with high-frequency repetitive transcranial magnetic stimulation in patients with unipolar major depression. *J Psych Research* 2007, 41(7) 606-615.
- Jockers-Scherübl MC, Zubraegel D, Baer T, Linden M, Danker-Hopfe H, Schulte-Herbrüggen O, Neu P, Hellweg R. Nerve growth factor serum concentrations rise after successful cognitive-behavioural therapy of generalized anxiety disorder. *Prog Neuropsychopharmacol Biol Psychiatry* 2007, 31(1) 200-2004.
- Hornung OP, Regen F, Danker-Hopfe H, Schredl M, Heuser I. The relationship between REM sleep and memory consolidation in old age and effects of cholinergic medication. *Biol Psychiatry* 2007, 61(6) 750-757.
- Bajbouj M, Gallinat J, Lang UE, Hellen F, Vesper J, Lisanby SH, Danker-Hopfe H, Neu P. Motor cortex excitability after vagus nerve stimulation in major depression. *J Clin Psychopharmacol* 2007, 27(2) 156-159
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