

# Curriculum Vitae

## Heidi Danker-Hopfe



### Contact Details

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| Address  | Charité - Universitätsmedizin Berlin<br>Competence Center for Sleep Medicine<br>Hindenburgdamm 30<br>12200 Berlin, Deutschland |
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### Education and qualifications

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

## Career

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|-------------|--|
| since 2001  | Head of the Competence Center for Sleep Medicine (Charité Center 15: Neurology, Neurosurgery and Psychiatry) at the Charité – Universitätsmedizin Berlin   |
| since 1998  | Permanent Employment at the Dept. of Psychiatry (Psychophysiology and Competence Center for Sleep Medicine), Benjamin Franklin, Free University of Berlin (since June 2003 Charité – Universitätsmedizin Berlin)   |
| 1997 – 1998 | Visiting Professor for 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) |
| 1989 – 1995 | Research assistant (C1) at the Department Biology/Chemistry at the University of Bremen  |
| 1984 – 1989 | Scientific associate (Phase II) at the Department Biology/Chemistry at the University of Bremen  |
| 1979 – 1984 | Scientific associate (Phase I) at the Department of Biology/Chemistry at the University of Bremen  |

## Appointments

|            |   |
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| since 2021 | Member of the Committee on Non-Ionizing Radiation of the German Commission on Radiological Protection   |
| since 2020 | Appointment by the Committee on Non-Ionizing Radiation of the German Commission on Radiological Protection to a working group for the preparation of an opinion on Electromagnetic fields of mobile communication in the course of the current 5G network rollout |

|             |  |
|-------------|--|
| since 2020  | Appointed by the WHO as member of an author team to conduct a systematic literature review on The effect of exposure to radiofrequency electromagnetic fields on cognitive performance in human experimental studies |
| since 2002  | Deputy head of the working group Standards and Methods of the German Sleep Society (DGSM), since 2017 head of this working group   |
| since 2013  | Member of the EMF Council of the Swedish Radiation Safety Authority (SSM)  |
| since 2013  | Member of the Council of the European Bioelectromagnetic Association   |
| 2012 – 2015 | Member of the Scientific Committee on Emerging and Newly Identified Health Risks of the European Union   |
| 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           |
| 2003 – 2006 | Deputy Head of the DFG-Graduiertenkolleg „ <i>Neuropsychiatry and Psychology of Aging</i> “  |

## Stays abroad

|                         |  |
|-------------------------|--|
| Sept. – Oct. 1993       | Polish Academy of Sciences, Wroclaw, Institute of Anthropology (Go-East scholarship of the EU) as a guest of Prof. B. Hulanicka                      |
| 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            |
| 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 |
| March 1980              | Guest researcher at the Institute of Anthropology, Delhi University, Indien, (4 weeks) as a guest of Prof. Dr. RS Singh und MK Bhasin, Ph D          |

## Editorial Board-activities

|             |                                       |
|-------------|---------------------------------------|
| since 2012  | Somnologie (responsibility: methods)  |
| 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 | Przeglad Antropologiczny              |
| 1997 – 2000 | Annals of Human Biology               |

## Reviewer activities

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| since 1989 | Activity as reviewer for the journals mentioned above additionally for e.g.: |
|            | Brain Stimulation  |
|            | Sleep and Breathing  |
|            | Bioelectromagnetics  |
|            | PLOS one   |
|            | Sleep Medicine Reviews   |

## Publications

Acker J, Becker-Carus C, Büttner-Telaga A, Cassel W, Danker-Hopfe H, Dück A, Frohn C, Hein H, Penzeö T, Rodenbecl A, Ronneberg T, Sauter C, Weeß, HG, Zeitlhofer J, Richter K. The role of actigraphy in sleep medicine. Somnologie 2021, 25:89-98.

Sauter C, Dorn H, Danker-Hopfe H. On the influence of the day of the week on objective and self-rated sleep quality in adults. Somnologie 2021, 25: 138-150

Danker-Hopfe H, Richter S, Eggert T. 2020. Referenzwerte zur Schlafarchitektur für Erwachsene. Somnologie 24:39-64.

Frase L, Acker J, Cohrs S, Danker-Hopfe H, Frohn C, Göder R, Mauche N, Norra C, Pollmächer T, Richter K,

RiemaNN d; Schilling C, Weeß, HG, Wetter TC, Nissen C: [Recommendations on performing polygraphy or polysomnography in the fields of psychiatry and psychotherapy: Position paper of the working group on sleep medicine of the German Association for Psychiatry, Psychotherapy and Psychosomatics. *Nervenarzt* 2020 91(9):843-853.

Frohnhofen H, Popp R, Stieglitz S, Netzer N, Danker-Hopfe C: Assessment of sleep and sleep disorders in geriatric patients. *Z Gerontol Geriatr* 2020, 53(2) 100-104

Schmid G, Hirtl R, Bueno-Lopez A, Dorn H, Eggert T, Danker-Hopfe H. Design and dosimetric analysis of an exposure facility for investigating possible effects of 2.45 GHz Wi-Fi signals on human sleep. *Bioelectromagnetics* 2020, 41(3):230-240.

Bueno-Lopez A, Eggert T, Dorn H, Schmid G, Hirtl R, Danker-Hopfe H. Effects of 2.45 GHz Wi-Fi exposure on sleep-dependent memory consolidation. *J Sleep Res* 2020 30(4):e13224. doi: 10.1111/jsr.13224. Epub 2020.

Danker-Hopfe H, Dorn H, Sauter C, Schmid G, Eggert T. An experimental study on effects of radiofrequency electromagnetic fields on sleep in healthy elderly males and females: Gender matters. *Environ Res.* 2020 Apr;183:109181. doi: 10.1016/j.envres.2020.109181. Epub 2020 Jan 24. *Environ Res.* 2020. PMID: 32014649.

Repantis D, Wermuth K, Tsamitros N, Danker-Hopfe H, Bublitz JC, Kühn S, Dresler M. REM sleep in acutely traumatized individuals and interventions for the secondary prevention of post-traumatic stress disorder. *Eur J Psychotraumatol.* 2020 Apr 6;11(1):1740492. doi: 10.1080/20008198.2020.1740492.

Eggert T, Dorn H, Sauter C, Schmid G, Danker-Hopfe H. RF-EMF exposure effects on sleep – Age doesn't matter in men! *Environ Res.* 2020 Dec;191:110173. doi: 10.1016/j.envres.2020.110173. Epub 2020 Sep 12.

Danker-Hopfe H, Bueno-Lopez A, Dorn H, Schmid G, Hirtl R, Eggert T. Spending the night next to a router – results from the first human experimental study investigating the impact of Wi-Fi exposure on sleep. *Int J Hyg Environ Health.* 2020 Jul;228:113550. doi: 10.1016/j.ijheh.2020.113550. Epub 2020 May 11

Danker-Hopfe H, Eggert T, Dorn H, Sauter C. Effects of RF-EMF on the human resting-state EEG – the inconsistencies in the consistency. Part 1: Non-exposure related limitations of comparability between studies. *Bioelectromagnetics.* 2019, Article published in Early View on 18 June, 2019, DOI:10.1002/bem.22194, 2019; 40: 291-318.

Sauter C, Kowalski JT, Stein M, Röttger S, Danker-Hopfe H. Effects of a workplace-based sleep health program on sleep in members of the German Armed Forces. *J Clin Sleep Med* 2019, 15:417-429.

Bueno-Lopez A, Eggert T, Dorn H, Danker-Hopfe H: Slow oscillatory transcranial direct current stimulation (s-tDCS) during slow wave sleep has no effects on declarative memory. *Brain Stim* 2019. DOI: 10.1016/j.brs.2019.02.012

Raschke F, Danker-Hopfe H, Weeß HG. Patientenratgeber der DGSM. Die Untersuchung im Schlaflabor. 2018

Behr M, Acker J, Cohrs S, Deuschle S, Danker-Hopfe H, Göder R, Norra C, Richter K, Riemann D, Schilling C, Weeß HG, Wetter TC, Wollenberg LM, Pollmächer T: Prävalenz schlafbezogener Atmungsstörungen bei stationären Patienten mit psychischen Erkrankungen. *Nervenarzt* 2018 89:807-813.

Garbazza S, Sauter C, Paul J, Kollek J, Dujardin C, Hackethal S, Dorn H, Peter A, Hansen ML, Manconi M, Ferri, R, Danker-Hopfe H: Leg Movement activity during sleep in adults with attention deficit/hyperactivity disorder. *Front Psychiatry* 2018 May 4;9:179. Doi: 10.3389/fpsyt.2018.00179. eCollection 2018.

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* 2018, 22:36-44.

Neu P, Sofin Y, Danker-Hopfe H. The effect of detoxification on sleep: How does sleep quality change during

qualified detoxification treatment? *J Addict* 2018; DOI: 10.1155/2018/9492453

- Eggert T, Sauter C, Dorn H, Peter A, Hansen ML, Danker-Hopfe H. Inter- and intraindividual variability of the pupillary unrest index. *Somnologie* 2017, 21:187-192.
- Schädlich S, Warmuth E, Rodenbeck A, Danker-Hopfe H, Frohnhofen H, Penzel T, Popp R, Raschke F, Bögel M, Orth M, Randerath W, Schlarb A, Schneider B, Weeß H, Young P, Wiater A. Leitfaden und Kriterien zur Akkreditierung von Schlaflaboren der deutschen Gesellschaft für Schlafforschung und Schlafmedizin (DGSM) *Somnologie* 2017, 21:200-209.
- 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, Anghelescu 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, Anghelescu 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 of 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.
- Sauter C, Dorn H, Bahr A, Hansen ML, Peter A, Bajbouj M, Danker-Hopfe H: Effects of exposure to electromagnetic fields emitted by GSM 900 and WCDMA mobile phones on cognitive function in young male subjects. *Bioelectromagnetics*. 2011 32(3): 179-190..
- 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.
- Quante A, Luborzewski A, Brakemeier EL, Merkl A, Danker-Hopfe H, Bajbouj M: Effects of 3 different stimulus intensities of ultrabrief stimuli in right unilateral electroconvulsive therapy in major depression: a randomized, double-blind pilot study. *J Psychiatr Res*. 2011 Feb;45(2):174-8. Epub 2010 Aug 21.
- Sauter C und Danker-Hopfe H: Der Multiple Wachbleibetest (MWT). Zur Praxis der Durchführung in DGSM-akkreditierten Schlaflaboren. *Somnologie*. 2010, 14:170-177.
- 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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- Ziegenhorn AA, Roepke S, Schommer NC, Merkl A, Danker-Hopfe H, Perschel FH, Heuser I, Anghelescu IG, Lammers CH: Clonidine improves hyperarousal in borderline personality disorder with or without comorbid posttraumatic stress disorder: a randomized, double-blind, placebo-controlled trial. *J Clin Psychopharmacol*. 2009, 29(2) 170-3
- Schulte-Herbrüggen O, Fuchs E, Abumaria N, Ziegler A, Danker-Hopfe H, Hiemke C, Hellweg R: Effects of escitalopram on the regulation of brain-derived neurotrophic factor and nerve growth factor protein levels in a rat model of chronic stress. *J Neurosci Res*. 2009 2551-60.
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- 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.
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- 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,
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- 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
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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.

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