

Name: **Alfred J. Lewy, M.D., Ph.D.**

Citizenship: United States

**Education:**

1963 Graduated from high school

1967 B.S. (Biochemistry) University of Chicago

1973 M.D. University of Chicago, Pritzker School of Medicine

1973 Ph.D. (Pharmacology) University of Chicago

**Ph.D. Dissertation:** Effect of Operant Behavior on Norepinephrine  
Metabolism, University of Chicago, 1973.

**Brief Chronology of Training and Employment:**

- 1973-1975 Internship and Psychiatric Residency, Mt. Zion Hospital  
San Francisco, California
- 1975-1977 Psychiatric Residency and Clinical Associateship,  
Laboratory of Clinical Science, National Institute of Mental Health, Bethesda,  
Maryland
- 1977-1980 Staff Psychiatrist, Clinical Psychobiology Branch,  
National Institute of Mental Health, Bethesda, Maryland
- 1980-1981 Guest Worker, Section on Retinal and Ocular Connective  
Tissue Diseases, Clinical Branch, National Eye Institute,  
National Institutes of Health, Bethesda, Maryland
- 1981 Assistant Professor, Psychiatry and Pharmacology, and  
Director, Sleep and Mood Disorders Laboratory,  
Oregon Health Sciences University (OHSU), Portland, Oregon
- 1982 Director, Mass Spectrometry Laboratory,  
Department of Pharmacology, OHSU
- 1982 Assistant Professor, Ophthalmology, OHSU
- 1983 Associate Professor, Psychiatry and Ophthalmology, OHSU
- 1985 Tenured, OHSU, School of Medicine
- 1986 Professor, Psychiatry and Ophthalmology,  
Associate Professor, Pharmacology, OHSU
- 1988 Professor, Pharmacology, OHSU
- 1996 Professor, Pharmacology/Physiology, OHSU
- 1998 Vice Chair, Department of Psychiatry, OHSU
- 1998 Director of Research, Department of Psychiatry, OHSU
- 2003 Senior Vice Chair, Department of Psychiatry, OHSU
- 2004 The Richard H. Phillips Professor of Biological Psychiatry
- 2012 Chair, Morbidity and Mortality Faculty Case Review Committee, Department of  
Psychiatry, OHSU

**Medical Licensure:** Oregon, California

**Board Certification:** American Board of Psychiatry and Neurology  
(Psychiatry, 1981)

**Examiner:** American Board of Psychiatry and Neurology -- Seattle, 1982; Los Angeles, 1983; San Francisco, 1984; San Diego, 1985; Seattle, 1986; Los Angeles, 1987; San Francisco, 1988; Seattle, 1990; San Francisco, 1992; Seattle, 1996; San Francisco, 1999; Seattle, 2000; Portland, 2001.

**Honors:**

1980 National Institute of Mental Health Nominee for Alan T. Waterman  
National Science Foundation Award

1983-1986 Searle Scholar (\$157,500)

1985 Donald B. Slocum Medical Researcher Award (\$10,000)

1988-89 President, West Coast College of Biological Psychiatry

1989-91 Founding President, Society for Light Treatment and Biological Rhythms

1991 Congressional Office of Technology Assessment, Task Force on Neuroscience and Biological Rhythms

1992 NARSAD Established Investigator Award (\$77,680)

1993 Fellow, American College of Neuropsychopharmacology

1994 Medical Research Foundation (MRF) Discovery Award (\$2,500)

1995 The Arctic Institute of North America's 50th Anniversary Lecturer

1995 OHSU Faculty Senate Research Award Nominee

1996 Nancy C.A. Roeske, M.D., Certificate of Recognition for Excellence in Medical Student Education

1996 Frontiers in Science Lecturer, American Psychiatric Association Annual Meeting, 1996

1998 National Institute of Mental Health Intramural Protocol Review Committee

1999 OHSU Faculty Senate Research Award Nominee

2000 NARSAD Distinguished Investigator Award (\$95,032)

2000 Distinguished Service Award to Psychiatric Residency Training (\$2000)

2002 Psychiatry Faculty Mentor Award (\$2000)

2003 Distinguished Fellow, American Psychiatric Association

2004 The Richard H. Phillips Endowed Professorship of Biological Psychiatry

2010 Elected Honorary Member, American College of Psychoanalysis

2011 University of Chicago Alumni Professional Achievement Award  
[http://alumniandfriends.uchicago.edu/site/c.mjJXJ7MLIsE/b.6549207/k.6F34/2011\\_Alumni\\_Awards.htm](http://alumniandfriends.uchicago.edu/site/c.mjJXJ7MLIsE/b.6549207/k.6F34/2011_Alumni_Awards.htm)

2013 Distinguished Life Fellow, American Psychiatric Association

**Past Fellowships:**

Pediatrics M.D./Ph.D. Training Grant (HD-00001), June 1969-June 1972

Senior Costep (USPHS), June 1972-June 1973

**Military Obligation:**

USPHS (NIH), Lt. Commander, Clinical Associate, 1975-1977

**Professional Organizations:**

Sigma Xi (Lifetime member)

Pineal Study Group (Vice President for North America)

American Psychiatric Association (Distinguished Fellow, 2003)

West Coast College of Biological Psychiatry (Founding Fellow)

Sleep Research Society

Society of Biological Psychiatry

Society for Research in Biological Rhythms

Society for Light Treatment and Biological Rhythms (Founding President)

International Society for Chronobiology

American College of Neuropsychopharmacology (Fellow, 1986)

**Journal Editorial Reviewer:**

American Journal of Psychiatry

Archives of General Psychiatry

Biological Psychiatry

Chronobiology International

Journal of Biological Rhythms

Journal of Pineal Research

New England Journal of Medicine

Physiology and Behavior

Neuropsychopharmacology

Psychiatry Research

Science

and others.

**Journal Editorial Board Member:**

Chronobiology International

Sleep and Biological Rhythms

**Board Membership:**

Optimal Health and Prevention Research Foundation, 2011-present

**Committees:**

Current

Residency Training Committee, Department of Psychiatry

Neuroscience Curriculum Review Committee

Ad Hoc member of Promotion and Tenure Committee, Department of Behavioral Neuroscience

Executive Committee, Department of Psychiatry

Past

Committee on Psychoendocrinology and Psychoimmunology (PKSAP-VI), American Psychiatric Association

Education and Training Committee, West Coast College of Biological Psychiatry

Search Committee, Director, Neuroscience Division, Oregon Primate Center

Search Committee, Director, Vollum Institute for Advanced Biomedical Research

University Representative, Portland VA Research and Development Committee

University Faculty Senate

Research Space Committee

Chairman, Promotion and Tenure Committee, Department of Psychiatry

**Research Trainees (Post-docs, Medical Students, Fellows, Residents and Graduate Students):**

Saeed Ahmed, M.D.

Eilis Boudreau, M.D.

George Brainard, Ph.D.

Les Christianson, M.D.

Erin Crocker, M.D.

Jonathan Emens, M.D.

Paul Giger, M.D.

Jared Hansen, B.S.

Tana Hoban-Higgins, Ph.D.

Rod Hughes, Ph.D.

Jeanne Latham Jackson, M.D.

Kyle Johnson, M.D.

J. Mark Kinzie, M.D.

Lial Kofoed, M.D.

Holger Link, M.D.

Larry Mak, M.D.

Robert Maricle, M.D.

Miki Matsumoto, M.D.

Angela McArthur, Ph.D.

Dariun Minkunas, M.D.

Mary Moffit, Ph.D.  
 Hiroki Nakagawa, M.D.  
 Clifford Singer, M.D.  
 Susan Smith, M.D.  
 Katherine Thomas, M.D.  
 Laurie Hurtado Vessely, M.D.  
 David White, Ph.D.  
 Calanthe Wilson, M.D.

### **Teaching:**

Several neuroscience, behavioral science, psychopharmacology and psychotherapy lectures to MS-II medical students and PGY-II & III psychiatric residents, as well as a weekly case conference for PGY-III residents.

### **Patents:**

1. 4654361 [USA] Method of lowering intraocular pressure using melatonin
2. 5242941 [USA] Methods of treating circadian rhythm disorders
3. 5420152 [USA] Methods of treating circadian rhythm disorders
4. 5591768 [USA] Methods for treating circadian rhythm phase disturbances
5. 5707652 [USA] Methods of treating circadian rhythm phase disorders
6. 5716978 [USA] Methods of treating circadian rhythm disorders
7. 6069164 [USA] Methods for treating circadian rhythm phase disturbances
8. 6423738 [USA] Methods for treating circadian rhythm phase disturbances
9. 6638963 [USA] Methods for treating circadian rhythm disorders
10. 6794407 [USA] Methods for treating circadian rhythm phase disturbances
11. 2289093 [Canada] Use of Melatonin for Preparing Medicaments for Treating Circadian Rhythm Phase Disorders

### **Selected Presentations:**

1. Lewy A.J., Wehr T.A. and Goodwin F.K.: "Melatonin and manic-depressive illness." Presented at the annual meeting of the American Psychiatric Association (New Research Program), Atlanta, GA, May 1978.
2. Lewy A.J., Wehr T.A., Gold P.W. and Goodwin F.K.: Poster presentation, "Plasma melatonin in manic-depressive illness." 4th International Catecholamine Symposium, Asilomar, CA, September 1978.
3. Lewy A.J., Wehr T.A. and Goodwin F.K.: "The pineal gland and psychiatry." Presented at the annual meeting of the American Psychiatric Association, Chicago, IL, May 1979.
4. Lewy A.J., Wehr T.A. and Goodwin F.K.: Panel presentation, "Normal and abnormal secretion of melatonin in depressive illness." 18th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 1979.
5. Lewy A.J., Wehr T.A., Tetsuo M., Markey S., Kaye P., Gold P.W., Goodwin F.K. and Kopin I.J.: "Human and animal plasma Melatonin: endocrine studies." Presented at the 6th International Congress of Endocrinology, Melbourne, Australia, February 1980.
6. Lewy A.J., Wehr T.A., Cutler N., Potter W.Z., Markey S. and Goodwin F.K.: Panel presentation, "Studies on human and animal plasma melatonin." International meeting on Pineal Function, Thredbo, Australia, February 1980.

**Selected Presentations:**

7. Lewy A.J., Wehr T.A. and Goodwin F.K.: Panel presentation, "Differential effects of the light-dark cycle and the rest-activity cycle on human circadian rhythms." 12th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Congress, Goteborg, Sweden, June 1980.
8. Lewy A.J.: Panel presentation, "Light synchronizes human circadian rhythms." 19th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 1980.
9. Lewy A.J.: "Melatonin secretion: a marker for manic-depressive illness and depression." Presented at the Biological Markers in Psychiatry and Neurology Symposium, New Orleans, LA, May 1981.
10. Lewy A.J., Wehr T.A. and Goodwin F.K.: "Light can suppress melatonin secretion in humans." Presented at the annual meeting of the American Psychiatric Association, New Orleans, LA, May 1981.
11. Lewy A.J.: "Effects of light in healthy subjects and manic-depressives." Presented at the annual meeting of the American Psychophysiological Association for the Psychophysiological Study of Sleep (APSS), Hyannis, MA, June 1981.
12. Lewy A.J., Wehr T.A., Nurnberger J.I., Becker L.E., Rosenthal N.E., Markey S.P., Goodwin F.K. and Newsome D.A.: "Suppression of human melatonin secretion by light: normal and abnormal responses." Presented at the annual meeting of the Endocrine Society, Cincinnati, OH, June 1981.
13. Lewy A.J.: Poster presentation, "Human plasma melatonin secretion: regulation by adrenergic stimulation and environmental light: abnormalities in affective disorders." National Institute of Mental Health Psychoneuroendocrinology Symposium, Hamilton, Ontario, Canada, June 1981.
14. Lewy A.J.: Poster presentation, "Regulation of human melatonin secretion by environmental light via a central pacemaker and peripheral sympathetic stimulation." Society for Neuroscience annual meeting, Los Angeles, CA, October 1981.
15. Lewy A.J., Newsome D.A., Siever L., Uhde T.A., Nurnberger J.I., Wehr T.A., Rosenthal N.E., Becker L.E. and Markey S.P.: Poster presentation, "Melatonin secretion as a neurobiological 'marker' in man: an update." 20th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Diego, CA, December 1981.
16. Lewy A.J.: Invited participant, 7th National Science Writers Seminar, Research to Prevent Blindness, Inc., Washington, D.C., May 16-19, 1982.
17. Lewy A.J., Wehr T.A., Nurnberger J.I., Rosenthal N.E., Sack D., Becker L.E., Newsome D.A., Markey S.P. and Goodwin F.K.: "Suppression of melatonin secretion by light: a potential marker for affective disorders with therapeutic implications." Presented at the 13th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Congress, Jerusalem, Israel, June 1982.
18. Lewy A.J.: "Measurement of plasma and CSF melatonin and urinary 6-oh melatonin by negative chemical ionization GC-MS." 12th Course: Pineal Gland and its Endocrine Role, International School of Pharmacology, Erice, Sicily, Italy, June 21-July 2, 1982.19.
19. Lewy A.J.: "Circadian rhythms in psychiatry." Presented at the Sleep Disorders Conference, Neurological Sciences Center, Good Samaritan Hospital and Medical Center, Portland, OR, November 5-6, 1982
20. Lewy A.J.: "Mood & hormones: how light effects our biological clocks." Marquam Hill Lecture, Oregon Health Sciences University, Portland, OR, December 2, 1982.
21. Lewy A.J.: Panel presentation, "Effects of bright artificial light and sunlight in humans." 21st annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 1982.
22. Lewy A.J.: "Melatonin secretion, affective disorders and the light-dark cycle." Presented at the Colloquia on Biobehavioral Sciences, Department of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine, March 21, 1983.
23. Lewy A.J.: "Pineal tumors: surgical and functional considerations." Presented at the North Pacific Society of Neurology and Psychiatry, Salishan Lodge, OR, March 24-26, 1983.

**Selected Presentations:**

24. Lewy A.J.: "Bright light and melatonin: implications for psychiatry." Presented at the MacArthur Foundation Psychobiology of Depression Network Conference on Psychobiology of Depression: Ultradian, Circadian, and Sleep Mechanisms, Taos, NM, April 3-5, 1983.
25. Lewy A.J.: "Melatonin secretion and biological rhythms." Presented at the Pharmacoenocrine Approaches to Psychiatric Disorders Symposium, Canadian College of Neuropsychopharmacology meeting, Saskatoon, Canada, May 25-27, 1983.
26. Lewy A.J.: "Circadian connections to mental illness and sleep disorders, role of light." Presented at the Gordon Research Conference on Chronobiology, New London, NH, June 13-17, 1983.
27. Lewy A.J.: Poster presentation, "Melatonin production, bright light and affective disorders." 7th World Congress of Psychiatry, Vienna, Austria, July 11-16, 1983.
28. Lewy A.J.: "Seasonality and mood." Presented at the Alaska Psychiatric Association meeting, Anchorage, AK, September 16, 1983.
29. Lewy A.J., Sack R.L., Fredrickson R.H., Reaves M., Denney D. and Zielske D.R.: "The use of bright light in the treatment of chronobiologic sleep and mood disorders: the phase-response curve." Presented at the 22nd annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 12-16, 1983.
30. Lewy A.J.: "Health and light." Presented at the Health and Light Conference, Puget Sound Power & Light Co., Seattle, WA, January 19, 1984.
31. Lewy A.J.: "Utilization of light in the treatment of affective illness." Presented at the Winter Conference on Brain Research, Steamboat Springs, CO, January 21-28, 1984.
32. Lewy A.J. and Sack R.L.: "Melatonin, bright light and chronobiologic sleep and mood disorders." Presented at the 2nd annual meeting of the West Coast College of Biological Psychiatry, La Jolla, CA, April 20-21, 1984.
33. Lewy A.J.: "Photoperiodism and light." Faculty member, Course 30, Chronobiology, Daniel F. Kripke, course director, 137th annual meeting of the American Psychiatric Association, Los Angeles, CA, May 5-11, 1984.
34. Lewy A.J.: "Regulation of melatonin production in humans by bright artificial light: evidence for a clock-gate model and a phase response curve." Presented at Pineal '84, Digby, Nova Scotia, Canada, July 8-11, 1984.
35. Lewy A.J. and Singer C.M.: "Human melatonin production, 'winter depression,' and the clock-gate model for the effects of light." Presented at the 10th International Congress of Biometeorology, Tokyo, Japan, July 26-30, 1984.
36. Lewy A.J. and Sack R.L.: "The use of plasma melatonin levels and bright light in the diagnosis and treatment of chronobiologic sleep and mood disorders." Presented at the Brook Lodge Symposium on Laboratory Medicine in CNS Diseases (Upjohn Company), Kalamazoo, MI, September 24, 1984.
37. Lewy A.J.: "Use of bright light in treating circadian rhythm sleep disorders." Presented at the annual meeting of the Association of Sleep Disorders Centers, Dallas, TX, October 8-12, 1984.
38. Lewy A.J., Sack R.L. and Singer C.M.: "Immediate and delayed effects of bright light on human melatonin production: shifting 'dawn' and 'dusk' shifts the dim light melatonin onset (DLMO)." Presented at the Conference on Medical and Biological Effects of Light, New York Academy of Sciences, New York, NY, October 31-November 2, 1984.
39. Lewy A.J.: "Tonic and phasic effects of bright light exposure in humans: treatment of chronobiologic sleep and mood disorders." Presented at the 23rd annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 9-14, 1984.
40. Lewy A.J.: Panel moderator, "Combining pharmacotherapy with psychotherapy." Winter meeting of the Oregon Psychiatric Association, "Seasonal depressions and phototherapy," January 25, 1985.
41. Lewy A.J. and Sack R.L.: "Winter depression, melatonin, and light therapy." Presented at the 3rd annual meeting of the West Coast College of Biological Psychiatry, Stanford Univ. School of Medicine, Palo Alto, CA, April 12-13, 1985.

**Selected Presentations:**

42. Lewy A.J.: "Bright light therapy of chronobiologic disorders." Presented at the 138th annual meeting of the American Psychiatric Association, Dallas, TX, May 18-24, 1985.
43. Lewy A.J.: "Assessment and treatment of chronobiologic sleep and mood disorders." Presented at the Gordon Research Conference, Chronobiology Section, July 1985.
44. Lewy A.J.: "Treatment of appropriately phase typed sleep disorders using properly timed bright light." Presented at the 1985 Sleep Research meeting, Sleep Research Society, Seattle, WA, July 9-12, 1985.
45. Lewy A.J.: "Using light to treat chronobiologic sleep and mood disorders." Presented at the Sleep Disorders Center, Stanford University School of Medicine, Palo Alto, CA, August 15, 1985.
46. Lewy A.J.: Grand rounds presentation, Institute for Chronobiology, the New York Hospital, Cornell Medical Center, Westchester Division, September 11, 1985.
47. Lewy A.J.: Invited lecturer, "Seasonal rhythms and the pineal gland." 4th World Congress of Biological Psychiatry, Philadelphia, PA, September 12, 1985.
48. Lewy A.J.: Grand rounds presentation, Pittsburgh, PA, Department of Psychiatry, September 17, 1985.
49. Lewy A.J.: Grand rounds presentation, Department of Psychiatry, University of Washington, Seattle, WA, September 26, 1985.
50. Lewy A.J.: Invited lecturer, "Assessment and treatment of chronobiologic sleep and mood disorders." 3rd annual Tufts Psychopharmacology Update, Tufts University, Boston, MA, October 11, 1985.
51. Lewy A.J.: Invited lecturer, "Using light to treat sleep and mood disorders." Annual meeting of the Iowa Psychiatric Society, Iowa City, IA, October 24, 1985.
52. Lewy A.J.: Invited lecturer, 1st International Congress of Melatonin in Humans, Vienna, Austria, November 7-9, 1985.
53. Lewy A.J.: Invited lecturer, Department of Physiology, Max-Planck-Institut, Andechs, West Germany, November 11, 1985.
54. Lewy A.J.: Invited lecturer, Department of Psychiatry, Max-Planck-Institut, Munich, West Germany, November 12, 1985.
55. Lewy A.J.: Invited lecturer, Department of Psychiatry, Universitat Tubingen, Tubingen, West Germany, November 13, 1985.
56. Lewy A.J.: Invited lecturer, Department of Psychiatry, Rijksuniversiteit Groningen, Haren, The Netherlands, November 15, 1985.
57. Lewy A.J., Sack R.L. and Dunner D.L.: Poster presentation at the 24th annual meeting of the American College of Neuropsychopharmacology (ACNP), Maui, HI, December 9-13, 1985.
58. Lewy A.J.: Grand rounds presentation, University of New Mexico, January 8, 1986.
59. Lewy A.J.: Grand rounds presentation, University of Washington, Seattle, WA, January 16, 1986.
60. Lewy A.J.: Workshop organizer, "Seasonal rhythms, melatonin and light: new basic and clinical insights." Winter conference on Brain Research, Keystone, CO, January 25-February 1, 1986.
61. Lewy A.J.: Grand rounds presentation, University of Michigan, Ann Arbor, MI, February 12, 1986.
62. Lewy A.J.: Guest faculty, "Light and winter depression." Winter Wellness II Conference, Portland Adventist Hospital and Loma Linda, Sunriver, OR, February 21-22, 1986.
63. Lewy A.J.: Invited participant, Colloquium, Department of Physiology, Monash University, Australia, March 12, 1986.
64. Lewy A.J.: Invited lecturer, "Biological rhythms and behavior in humans: the effects of light," (with R.L. Sack). 8th International Congress of Psychosomatic Obstetrics and Gynaecology Hormones and Behaviour, Melbourne, Australia, March 13, 1986.
65. Lewy A.J.: Invited lecturer, Colloquium, Department of Obstetrics and Gynaecology, University of Adelaide, Australia, March 17, 1986.
66. Lewy A.J.: Grand rounds presentation, Department of Psychiatry, Adelaide Hospital, Australia, March 18, 1986.
67. Lewy A.J.: Guest faculty, "Assessment and treatment of chronobiologic sleep and mood disorders," in Topics in Psychiatry: Pharmacotherapy and Current Advances in Affective Disorders, co-sponsored by



**Selected Presentations:**

- Case Western Reserve University School of Medicine and the Department of Psychiatry, University Hospitals, Cleveland, OH, April 19, 1986.
68. Lewy A.J.: "Superiority of A.M. light in winter depression," (with R.L. Sack, L.S. Miller, T.M. Hoban, C.M. Singer). Presented at the 139th annual meeting of the American Psychiatric Association, Washington, D.C., May 12, 1986.
  69. Lewy A.J.: Invited lecturer, "Treating chronobiologic sleep and mood disorders." Medical Sciences Liaison, Central Nervous System Diseases, Upjohn Company, Kalamazoo, MI, July 23, 1986.
  70. Lewy A.J.: Invited lecturer, "Human melatonin." Battelle Pacific Northwest Laboratories, Seattle, WA, August 14, 1986.
  71. Lewy A.J.: Invited lecturer, "Treatment of chronobiologic sleep and mood disorders with light: theory and practice," (with R.L. Sack), Temporal Disorder in Human Oscillatory Systems Symposium, University of Bremen, Bremen, Germany, September 8-12, 1986.
  72. Lewy A.J.: Invited lecturer, "Treatment of chronobiologic sleep and mood disorders with light: theory and practice," (with R.L. Sack), University of Stockholm, Stockholm, Sweden, September 17, 1986.
  73. Lewy A.J.: Featured lecturer, "Treating sleep and mood disorders with light." Research Convocation, Oregon Health Sciences University, Portland, OR, October 30, 1986.
  74. Lewy A.J.: Invited lecturer, "Light, melatonin and biological rhythm." 25th annual meeting of the American College of Neuropsychopharmacology (ACNP), Washington D.C., December 8-12, 1986.
  75. Lewy A.J.: Invited lecturer, "The phase shift hypothesis and SAD (winter depression)." 25th annual meeting of the American College of Neuropsychopharmacology (ACNP), Washington D.C., December 8-12, 1986.
  76. Lewy A.J. and Sack R.L.: Invited lecturer, "Melatonin physiology and light therapy." Collegium Internationale Neuro-Psychopharmacologicum (CINP), San Juan, Puerto Rico, December 14-17, 1986.
  77. Lewy A.J.: Keynote address, "Recent advances in the biology of mood disorders." Mental Health Director's Spring conference at Salishan Lodge, Gleneden Beach, OR, March 11, 1987.
  78. Lewy A.J.: Invited lecturer, "Treatment of disorders of circadian rhythms with light." Seasonal affective disorders workshop, Bethesda, MD, May 15, 1987.
  79. Lewy A.J.: Course presentation, "Light therapy in advanced topics in psychopharmacology." 140th annual meeting of the American Psychiatric Association, Chicago, IL, May 12, 1987.
  80. Lewy A.J.: Course presentation, "Chronobiologic principles in light therapy of sleep and mood disorders." 140th annual meeting of the American Psychiatric Association, Chicago, IL, May 13, 1987.
  81. Lewy A.J.: Invited lecturer, "Winter depression and the phase shift hypothesis." Symposium on seasonal affective disorder and phototherapy, 140th annual meeting of the American Psychiatric Association, Chicago, IL, May 13, 1987.
  82. Lewy A.J.: Invited lecturer, "Biological markers in psychiatry." Symposium on Circadian Rhythms, Canadian College of Neuropsychopharmacology annual meeting, Ottawa, Canada, May 20, 1987.
  83. Lewy A.J.: Invited lecturer, "Light therapy in depression." Symposium on Circadian Rhythms, Canadian College of Neuropsychopharmacology annual meeting, Ottawa, Canada, May 21, 1987.
  84. Lewy A.J.: Invited lecturer, 5th International Congress of Sleep Research, Copenhagen, Denmark, June 28-July 3, 1987.
  85. Lewy A.J. and Sack R.L.: Invited lecturer, Collegium Internationale Neuro-Psychopharmacologicum (CINP), San Juan, Puerto Rico, December 1987.
  86. Lewy A.J., Singer C.M. and Sack R.L.: Study group chair, "Circadian effects of bright light in humans." 26th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 7-11, 1987.
  87. Lewy A.J.: Invited lecturer, Oregon Academy of Family Practitioners, Red Lion Inn, Lloyd Center, Portland, OR, February 5, 1988.

**Selected Presentations:**

88. Lewy A.J.: Invited participant in conference at MacArthur Foundation, Chicago, IL, February 12, 1988.
89. Lewy A.J.: Grand rounds presentation, Department of Psychology, Rush-Presbyterian-St. Luke's Hospital, Chicago, IL, February 16, 1988.
90. Lewy A.J.: Grand rounds presentation, Hennipen County Mental Health, Minneapolis, MN, April 1, 1988.
91. Lewy A.J.: Featured speaker, Oregon Health Sciences annual alumni meeting, Marriott Hotel, Portland, OR, April 8, 1988.
92. Lewy A.J.: Moderator and participant, Biological Rhythms Symposium, Oregon Health Sciences annual alumni meeting, Marriott Hotel, Portland, OR, April 8, 1988.
93. Lewy A.J.: Course director, "Light therapy of sleep and mood disorders." 141st annual meeting of the American Psychiatric Association, Montreal, Quebec, Canada, May 7-12, 1988.
94. Lewy A.J.: Invited lecturer, "Winter depression and the phase shift hypothesis." 141st annual meeting of the American Psychiatric Association, Montreal, Quebec, Canada, May 7-12, 1988.
95. Lewy A.J.: Invited lecturer, "Winter depressives may have phase delayed phase response curves." Society of Biological Psychiatry annual meeting, Montreal, Quebec, Canada, May 3-7, 1988.
96. Lewy A.J.: Invited lecturer, "Effects of bright light on circadian rhythms and chronobiologic disorders." Symposium: "Sleep and Biological Rhythms: Basic Mechanisms and Application to Psychiatry," University of Montreal, Canada, May 5, 1988.
97. Lewy A.J., Singer C.M. and Sack R.L.: Poster presentation, "The dim light melatonin onset may mark the phase of its phase response curve." Society for Sleep Research, Association of Professional Sleep Societies (APSS) annual meeting, San Diego, CA, June 11-15, 1988.
98. Lewy A.J.: Invited lecturer, "The phase-shift hypothesis for winter depression." 16th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Congress, Munich, Germany, August 15-19, 1988.
99. Lewy A.J.: Invited lecturer, "Treatment of affective disorders with appropriately-timed bright light exposure." California Psychiatric Association annual meeting, Palm Springs, CA, October 9, 1988.
100. Lewy A.J.: Invited lecturer, World Psychiatric Association meeting, Washington, D.C., October 13-15, 1988.
101. Lewy A.J.: Grand rounds presentation, University of Indiana Medical School, Department of Psychiatry, Indianapolis, IN, November 28, 1988.
102. Lewy A.J.: Invited lecturer, University of Toronto, Toronto, Canada, February 1, 1989.
103. Lewy A.J.: Invited lecturer, Institute of Circadian Physiology meeting, Boston, MA, February 1-5, 1989.
104. Lewy A.J.: Invited participant, Mechanisms in the Timing of Sleep: Consequences for Depression Research Symposium, Groningen, The Netherlands, March 30-31, 1989.
105. Lewy A.J.: Invited lecturer, Association for Applied Psychophysiology and Biofeedback, San Diego, CA, March 17-22, 1989.
106. Lewy A.J., Sack R.L. and Singer C.M.: Invited lecturer, "The phase angle disturbance in winter depression." Society of Biological Psychiatry, 44th annual meeting, San Francisco, CA, May 4-8, 1989.
107. Lewy A.J.: Course director, "Light therapy of sleep and mood disorders." 142nd annual meeting of the American Psychiatric Association, San Francisco, CA, May 6-11, 1989.
108. Lewy A.J., Sack R.L., Singer C.M.: Invited symposium participant and discussant, "Effect of light on melatonin production." 142nd annual meeting of the American Psychiatric Association, San Francisco, CA, May 6-11, 1989.
109. Lewy A.J.: Poster presentation, "Development of a transdermal delivery system for melatonin." American Association of Pharmaceutical Scientists, Atlanta, GA, October 26, 1989.
110. Lewy A.J.: Invited lecturer, Electric Power Research Institute Meeting, Seattle, WA, November 1989.

**Selected Presentations:**

111. Lewy A.J.: Presentation: "Regulation of the human melatonin rhythm by light." International Conference Alcohol and Circadian Rhythm Regulation, December 7, 1989.
112. Lewy A.J.: Invited lecturer, Colloquium Internationale Neuro-Psychopharmacologicum (CINP), Maui, HI, December 1989.
113. Sack R.L., Lewy A.J. and Latham J.M.: Poster presentation, "Melatonin administration in humans - a phase response curve?" 28th annual meeting of the American College of Neuropsychopharmacology (ACNP), Maui, HI, December 11-15, 1989.
114. Lewy A.J.: Education committee presentation, "Circadian rhythms." 8th annual meeting of the West Coast College of Biological Psychiatry, San Francisco, CA, April 6, 1990.
115. Lewy A.J.: Presentation: "Circadian phase-shifting of sighted people with exogenous melatonin administration: evidence for a phase-response curve (or time of day effect)." 8th annual meeting of the West Coast College of Biological Psychiatry, San Francisco, CA, April 7, 1990.
116. Lewy A.J.: Invited participant, Electric Power Research Institute workshop, Seattle, WA, April 19-21, 1990.
117. Lewy A.J.: Grand rounds presentation, "Treatment of chronobiologic sleep and mood disorders." Emanuel Hospital, Department of Medicine, Portland, OR, April 27, 1990.
118. Lewy A.J.: Course director, "Light therapy of sleep and mood disorders." 143rd annual meeting of the American Psychiatric Association, New York, NY, May 12-18, 1990.
119. Lewy A.J.: Presentation: "Circadian phase shifting of blind and sighted people with exogenous melatonin administration: evidence for a phase-response curve." Society for Light Treatment and Biological Rhythms meeting, New York, NY, May 13-14, 1990.
120. Lewy A.J.: Invited lecturer, "Seasonal affective disorder: pineal function and depression in humans." The annual meeting of the Bioelectromagnetics Society, Tucson, AZ, June 19, 1990.
121. Lewy A.J.: Invited participant, Association of Professional Sleep Societies annual meeting, Washington, D.C., June 22-25, 1990.
122. Lewy A.J.: Plenary lecturer, European Pineal Study Group Bi-Annual Meeting, Guilford, Surrey, England, September 4, 1990.
123. Lewy A.J.: Plenary lecturer, "Regulation and treatment of circadian rhythms and their disorders." 7th International Symposium on Neuronal Control of Bodily Function, Mainz, Germany, September 26-28, 1990.
124. Lewy A.J.: Research Seminar Lecturer, Portland VA Medical Center, Portland, OR, October 30, 1990.
125. Lewy A.J., Sack R.L. and Latham J.M.: Poster presentation, "Does endogenous melatonin function as part of the circadian system in humans?" 29th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 10-14, 1990.
126. Lewy A.J.: Grand rounds presentation, "Light therapy: biological rhythms and winter depression." Sutter Center for Psychiatry, Sacramento, CA, January 17, 1991.
127. Lewy A.J.: Invited lecturer, "Light therapy for seasonal affective disorder." Kaiser Permanente, Portland, OR, February 6, 1991.
128. Lewy A.J.: Invited lecturer, "Winter depression and other chronobiologic sleep and mood disorders." Vail psychiatry conference, Vail, CO, February 9-16, 1991.
129. Lewy A.J.: Invited lecturer, "Seasonal affective disorder and circadian rhythms." Eden Hospital Medical Staff quarterly meeting, Castro Valley, CA, March 12, 1991.
130. Lewy A.J.: Grand rounds presentation, "Diagnosis and treatment of circadian rhythm disorders." Dammasch State Hospital Continuing Education conference, Salem, OR, March 19, 1991.
131. Lewy A.J.: Invited lecturer, "Biological effects of light." College of Syntonic Optometry, Aspen, CO, May 4, 1991.
132. Lewy A.J.: Grand rounds presentation, "Neural control of circadian rhythms." Department of Neurology, Oregon Health Sciences University, Portland, OR, May 15, 1991.

**Selected Presentations:**

133. Lewy A.J.: Invited lecturer, "Treatment of circadian rhythm disorders with bright light." Bi-Regional Illuminating Engineering Society conference, Portland, OR, June 1-4, 1991.
134. Lewy A.J. and Sack R.L.: Presentation, "A complete PRC for melatonin administration in humans." Society for Light Treatment and Biological Rhythms annual meeting, Toronto, Canada, June 13-14, 1991.
135. Lewy A.J.: Plenary lecturer, International Conference on Chronobiology, Tel Aviv, Israel, June 16-21, 1991.
136. Lewy A.J.: Session co-chair, "Effects of light on circadian rhythms, seasonal depression and performance." Biologic Effects of Light Symposium, Atlanta, GA, October 13-15, 1991.
137. Lewy A.J.: Invited lecturer, "Melatonin, bright light and human circadian rhythms." Electric Power Research Institute EMF Science and Communication Seminar, San Jose, CA, October 15-18, 1991.
138. Lewy A.J.: Grand rounds presentation, "Human pineal physiology," Department of Neurosurgery, Oregon Health Sciences University, Portland, OR, November 9, 1991.
139. Lewy A.J.: Grand rounds presentation, "Treatment of circadian rhythm sleep and mood disorders using appropriately-timed melatonin." Department of Pharmacology, Northwestern University, November 18, 1991.
140. Lewy A.J.: Grand rounds presentation, "Melatonin, light and psychiatry." Department of Psychiatry, Oregon Health Sciences University, Portland, OR, December 3, 1991.
141. Lewy A.J.: Study group chair, "The neuropsychopharmacology of melatonin." Panel presentation at the 30th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 9-13, 1991.
142. Lewy A.J.: Invited lecturer, "Melatonin and entrainment - human melatonin PRC." MacArthur Foundation Mental Health Research Network I meeting on Biological Rhythms and Depression, Dallas, TX, January 5-6, 1992.
143. Lewy A.J.: Invited lecturer, "Treatment of chronobiologic sleep and mood disorders using appropriately-timed bright light." Employee Assistance Professionals Association meeting, Portland, OR, January 10, 1992.
144. Lewy A.J.: Invited lecturer, "Light therapy for winter depression." Lane County Psychologists Association, Eugene, OR, February 3, 1992.
145. Lewy A.J.: Invited lecturer, "Resetting the biological clock with light and melatonin." 53rd annual meeting of the North Pacific Society of Neurology, Psychiatry and Neurosurgery, Glendon Beach, OR, March 11-14, 1992.
146. Lewy A.J.: Invited lecturer, "Treatment of chronobiologic sleep and mood disorders with bright light." Oregon Medical Record Association, Portland, OR, March 19, 1992.
147. Lewy A.J.: Chair and speaker, "The use of melatonin as a strategy for assessing and treating chronobiologic mood disorders." International meeting on Strategies for Studying CNS Active Compounds, Madrid, Spain, April 26-May 2, 1992.
148. Lewy A.J.: Course director, "Light therapy of sleep and mood disorders." 145th annual meeting of the American Psychiatric Association, Washington, D.C., May 3-5, 1992.
149. Lewy A.J.: Symposium speaker, "Human phase-shifting and entrainment." Society for Research on Biological Rhythms, Amelia Island Plantation, FL, May 6-9, 1992.
150. Lewy A.J.: Invited lecturer, "Light, melatonin and human circadian rhythms." Annual Hawaii conference on Electroneurodiagnostics and Polysomnography, Honolulu, HI, May 16, 1992.
151. Lewy A.J.: Invited lecturer, "Treatment of circadian phase disorders by melatonin and bright light." 5th International conference of Chronopharmacology and Chronotherapeutics, Amelia Island Plantation, FL, July 12-16, 1992.
152. Lewy A.J.: Invited lecturer, "Seasonal affective disorder." Good Samaritan Hospital, Corvallis, OR, August 14, 1992.

**Selected Presentations:**

153. Lewy A.J.: Invited lecturer, "Treatment of circadian phase sleep and mood disorders using bright light and melatonin." Institut de Recherches Internationales Servier, Paris, France, September 4, 1992.
154. Lewy A.J.: Invited lecturer, "Phase-shifting effects of appropriately-timed bright light exposure and exogenous melatonin administration," at Melatonin and the Pineal Gland: from Basic Science to Clinical Application, a satellite symposium of the 9th Intl. Congress of Endocrinology, Paris, France, September 6-9, 1992.
155. Lewy A.J.: Invited lecturer, "Biological rhythms in blind persons." Wenner-Gren Center International Symposium on Light and Biological Rhythms in Man, Stockholm, Sweden, September 10-13, 1992.
156. Lewy A.J.: Invited lecturer, "The role of melatonin in human physiology." Institute for Hormone & Fertility Research, Hamburg, Germany, Sept. 16, 1992.
157. Lewy A.J.: Invited lecturer, "Light treatment of winter depression." Oregon Nurses Association education conference, Bend, OR, September 19, 1992.
158. Lewy A.J.: Invited lecturer, "Seasonal depression." Oregon Dermatology Society, Portland, OR, October 14, 1992.
159. Lewy A.J.: Invited lecturer, "Light, circadian rhythms and states of mind." Annual meeting of the American Academy of Ophthalmology, Dallas, TX, November 8-12, 1992.
160. Lewy A.J.: Invited lecturer, "Circadian rhythms and affective illness: opportunities for therapeutic drug modulation." 31st annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 14-18, 1992.
161. Lewy A.J.: Grand rounds presentation, Department of Psychiatry Conference, Providence Medical Center, Portland, OR, January 26, 1993.
162. Lewy A.J.: Invited lecturer, "Use of melatonin to treat sleep and other circadian phase disorders." ALZA Corporation Seminar, Palo Alto, CA, February 5, 1993.
163. Lewy A.J.: Invited lecturer, "Use of melatonin to treat circadian phase sleep and mood disorders." 3M Pharmaceuticals, Paris, France, March 27-31, 1993.
164. Lewy A.J.: Invited lecturer, "Use of melatonin to treat maladaptation to shift work." Krug Life Sciences at NASA/JSC, Houston, TX, April 5, 1993.
165. Lewy A.J.: Invited lecturer, "Treatment of winter depression." Oregon Psychiatric Association meeting, Portland, OR, April 16, 1993.
166. Lewy A.J.: Invited lecturer, "Circadian and antidepressant effects of ordinary intensity green light in winter depression." 11th annual meeting of the West Coast College of Biological Psychiatry, Seattle, WA, April 17, 1993.
167. Lewy A.J.: Invited lecturer, "Melatonin and sleep disorders." Scripps Clinic, La Jolla, CA, April 22-25, 1993.
168. Lewy A.J.: Invited lecturer, "Resetting the biological clock with melatonin and the light-dark cycle." Searle scholars annual meeting, Chicago, IL, May 17, 1993.
169. Lewy A.J.: Invited lecturer, "Circadian phase-shifting effects of 'dim' green light." 5th annual meeting on Light Treatment and Biological Rhythms, San Diego, CA, June 19-20, 1993.
170. Lewy A.J.: Lecturer, "Controversies in light therapy." Course at the 7th annual meeting of the Association of Professional Sleep Societies (APSS), Los Angeles, CA, June 22, 1993.
171. Lewy A.J.: Invited lecturer, "Melatonin: basic biology and clinical applications." 7th annual meeting of the Association of Professional Sleep Societies (APSS), Los Angeles, CA, June 22-27, 1993.
172. Lewy A.J.: Invited lecturer, "Evolution and melatonin." 5th Sapporo Symposium on Biological Rhythms, Sapporo, Japan, August 25-28, 1993.
173. Lewy A.J.: Invited lecturer, "Adjustment of the clock." Ciba Foundation Symposium No. 183, London, England, September 7-9, 1993.
174. Lewy A.J. Invited lecturer, "Melatonin: implication in circadian and sleep disorders." Institut de Recherches Internationales Servier, New York, NY, September 2-5, 1993.

**Selected Presentations:**

175. Lewy A.J.: Invited lecturer, "Light treatment of winter depression." Continuing Medical Education Committee, Walla Walla, WA, October 1, 1993.
176. Lewy A.J. "Treating winter depression with bright light and melatonin." Marquam Hill Lecture, Oregon Health Sciences Univ., Portland, OR, October 7, 1993.
177. Lewy A.J.: Invited lecturer, "Seasonality and recurrent cycling: new treatment strategies." 10th annual Einstein Symposium in Psychiatry, New York, NY, November 19, 1993.
178. Lewy A.J.: Invited lecturer, "Biological markers in circadian phase disorders." The Banbury Center, Cold Spring Harbor Laboratory, Cold Spring Harbor, NY, December 8-11, 1993.
179. Lewy A.J.: Invited lecturer, "Robust phase-advancing and phase-delaying effects of melatonin in humans." 32nd annual meeting of the American College of Neuropsychopharmacology (ACNP), Honolulu, HI, December 13-17, 1993.
180. Lewy A.J.: Invited lecturer, "Treatment of circadian sleep and mood disorders." Los Alamos Lab Lecture, Los Alamos, NM, January 14, 1994.
181. Lewy A.J.: Invited lecturer, "Seasonal affective disorder." Oregon Psychiatric Association 1994 winter workshop, Portland, OR, January 21, 1994.
182. Lewy A.J.: Invited lecturer, "Resetting the human biological clock with melatonin." Gordon Research Conference, Casa Sirena Resort, CA, January 23-28, 1994.
183. Lewy A.J.: Invited lecturer, "Elderly subjects appear to be more sensitive to melatonin's phase-shifting effects." 12th annual meeting of the West Coast College of Biological Psychiatry, Lake Tahoe, NV, February 26-27, 1994.
184. Lewy A.J.: Invited lecturer, "New developments in Oregon psychiatry - research & programs." Oregon Psychiatric Association 1994 Winter/Spring meeting, Portland, OR, March 4-5, 1994.
185. Lewy A.J.: Invited lecturer, "Treatment of circadian sleep and mood disorders." Psychiatry Grand Rounds, Vanderbilt University Medical Center, Nashville, TN, March 8, 1994.
186. Lewy A.J.: Invited lecturer, "Phase resetting of human body clock disorders using melatonin." Neurology Grand Rounds, Oregon Health Sciences University, Portland, OR, March 16, 1994.
187. Lewy A.J.: Invited lecturer, "The human melatonin PRC." The Banbury Center Conference on Melatonin, Cold Spring Harbor Laboratory, Cold Spring Harbor, NY, April 10-13, 1994.
188. Lewy A.J.: Invited lecturer, "Treatment of winter depression." Controversial New Subtypes of Depression : Diagnosis and Treatment Conference, Galveston, TX, April 16, 1994.
189. Lewy A.J.: Invited lecturer, "Basic and clinical chronophysiology." 46th annual meeting of the American Academy of Neurology, Washington D.C., May 1-7, 1994.
190. Lewy A.J.: Invited lecturer, "Patenting specific uses of melatonin and light- facts and evaluation." 4th meeting of the Society for Research on Biological Rhythms, Jacksonville, FL, May 4-8, 1994.
191. Lewy A.J.: Invited lecturer, "Treatment of circadian phase disorders." 147th annual meeting of the American Psychiatric Association, Philadelphia, PA, May 21-26, 1994.
192. Lewy A.J.: Invited lecturer, "Melatonin influence on the human circadian clock." 4th Erice Pineal International Workshop, Erice-Trapani, Sicily, Italy, June 7-11, 1994.
193. Lewy A.J.: Invited lecturer, "A phase response curve for melatonin in young and elderly subjects." 6th annual meeting on Light Treatment and Biological Rhythms, Bethesda, MD, June 23-24, 1994.
194. Lewy A.J.: Invited lecturer, "Treatment of circadian phase disorders." 19th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Congress, Washington, D.C., June 27-July 1, 1994.
195. Lewy A.J.: Invited lecturer, "Melatonin causes robust circadian phase shifts in humans." 6th International conference of Chronopharmacology and Chronotherapeutics, Jacksonville, FL, July 5-9, 1994.
196. Lewy A.J.: Invited lecturer, "Treatment of chronobiologic disorders with melatonin." 3rd IUPHAR Satellite Meeting on Serotonin, Chicago, IL, July 30- August 3, 1994.
197. Lewy A.J.: Invited lecturer, "Melatonin physiology in humans." Department of Obstetrics and Gynaecology Special Lecture, University of Adelaide, Woodville, Australia, September 20, 1994.

**Selected Presentations:**

198. Lewy A.J.: Invited lecturer, "Diagnosis and treatment of circadian phase disorders." Department of Psychiatry Special Lecture, University of Adelaide, Woodville, Australia, September 23, 1994.
199. Lewy, A.J.: Invited lecturer, "Light treatment of winter depression." Psychopharmacology 1994 meeting, West Coast College of Biological Psychiatry, San Francisco, CA, October 14-15, 1994.
200. Lewy, A.J.: Invited lecturer, "Melatonin and circadian rhythm disorders." Genetics Grand Rounds, Department of Molecular and Medical Genetics, Oregon Health Sciences University, Portland, OR, November 3, 1994.
201. Lewy, A.J.: Invited lecturer, "Winter depression and other biological rhythm disorders." Continuing Medical Education Grand Rounds, Southwest Washington Medical Center, Vancouver, WA, December 8, 1994.
202. Lewy, A.J.: Invited lecturer, "The diagnosis and treatment of winter depression." Grand Rounds presentation, University of Utah Neuropsychiatric Institute, Salt Lake City, UT, December 13, 1994.
203. Lewy, A.J.: Invited lecturer, "Diagnosis and treatment of winter depression." Legacy Continuing Medical Education, Emanuel Hospital and Medical Center, Portland, OR, January 11, 1995.
204. Lewy, A.J.: Invited lecturer, "Melatonin physiology and reproduction." Oregon Primate Center, Portland, OR, January 24, 1995.
205. Lewy, A.J.: Invited lecturer, "Physiology of the pineal gland." Legacy Continuing Medical Education, Dow Neurological Sciences Institute, Portland, OR, March 3, 1995.
206. Lewy, A.J.: Invited lecturer, "Light: how it relates to depression, jet lag and shiftwork." East Portland Rotary Club, Portland, OR, March 9, 1995.
207. Lewy, A.J.: Course director, "Chronobiology and seasonal affective disorders." Neurology and Neuropsychiatry for Clinicians, Continuing Medical Education, San Francisco, CA, May 26-28, 1995.
208. Lewy, A.J.: Invited lecturer, "Clocks and human biology - clinical aspects." The American Physiological Society Conference, Dartmouth Medical School, Hanover, NH, July 8-12, 1995.
209. Lewy, A.J.: Invited lecturer, "Athletes traveling to Europe: Advisability of changing their circadian rhythm with melatonin." Continuing Education Ashland Endocrine Conference, Ashland, OR, August 9-12, 1995.
210. Lewy, A.J.: Invited lecturer, "Resetting the human biological clock with bright light and melatonin." 19th International Summer School of Brain Research, Amsterdam, The Netherlands, August 28 - September 1, 1995.
211. Lewy, A.J.: Invited lecturer, "Light treatment of winter depression." The Arctic Institute of North America's 50th Anniversary, Calgary, Alberta, Canada, October 12-13, 1995.
212. Lewy, A.J.: Invited lecturer, "Diagnosis of bright light treatment of winter depression." University of Utah Psychiatry Grand Rounds, Salt Lake City, UT, October 23, 1995.
213. Lewy, A.J.: Invited lecturer, "Melatonin physiology." Oregon Health Sciences University, Department of Physiology and Pharmacology, Portland, OR, January 10, 1996.
214. Lewy, A.J.: Invited lecturer, "Melatonin and genetics." Oregon Health Sciences University, Department of Molecular Biology Grand Rounds, Portland, OR, January 24, 1996.
215. Lewy, A.J.: Invited lecturer, "Melatonin: soporific or chronobiotic." Gordon Research Conference, Ventura, CA, February 7, 1996.
216. Lewy, A.J.: Invited lecturer, "Melatonin: everything you wanted to know but were afraid to ask." Continuing Medical Education Conference, Dean Foundation for Health, Research and Education, Madison, WI, April 20, 1996.
217. Lewy, A.J.: Invited lecturer, "Melatonin and light treatment of biological rhythm and sleep disorders." 149th annual meeting of the American Psychiatric Association, New York, NY, May 4-9, 1996.
218. Lewy, A.J.: Invited lecturer, "The melatonin phase response curve: physiological and clinical implications." Grand Rounds lecture, Hôpital de Lyon, Service de Radiopharmacie et de Radioanalyse, Centre de Médecine Nucléaire, Lyon, France, May 21, 1996.

**Selected Presentations:**

219. Lewy, A.J.: Invited lecturer, "Phase-shifting effects of light and melatonin in humans." Symposium on Circadian Light Reception and Regulation, Lyon, France, May 22-25, 1996.
220. Lewy, A.J.: Invited lecturer, "Circadian phase disorders and psychiatry." Presented at the 20th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Congress, Melbourne, Australia, June 23-27, 1996.
221. Lewy, A.J.: Invited lecturer, "Phase response curve (PRC) of melatonin and jet-lag." Presented at the Trans-NIH Sleep Research Coordinating Committee and Office for Dietary Supplements Workshop on Melatonin and Sleep, Bethesda, MD, August 12, 1996.
222. Lewy, A.J.: Invited lecturer, "Does melatonin control sleep cycles?" Presented at the NIA/Glenn Foundation Workshop, Berkeley, CA, August 15, 1996.
223. Lewy, A.J.: Invited lecturer, "Role of light and environment upon human circadian rhythms." European Organization for Research and Treatment of Cancer, Ottrott, France, September 8-10, 1996.
224. Lewy, A.J.: Chair and invited lecturer, "The phase shift hypothesis (PSH) for winter depression (WD): an update." Seventh International Conference on Chronopharmacology and Chronotherapeutics, Heidelberg, Germany, September 10-14, 1996.
225. Lewy, A.J.: Chair and invited lecturer, "Phase-shifting effects of melatonin in humans." Seventh International Conference on Chronopharmacology and Chronotherapeutics, Heidelberg, Germany, September 10-14, 1996.
226. Lewy, A.J.: Poster presentation, "Measurement of the dim light melatonin onset (DLMO) in human plasma." 7th International Conference on Chronopharmacology and Chronotherapeutics, Heidelberg, Germany, September 10-14, 1996.
227. Lewy, A.J.: Invited lecturer, "Basic and clinical aspects of melatonin physiology." Presented at the department of anatomy, Johann Wolfgang Goethe-Universität, Frankfurt, Germany, September 16, 1996.
228. Lewy, A.J.: Invited lecturer, "Pharmacology of circadian rhythms and SAD." Presented at the West Coast College of Biological Psychiatry, Psychopharmacology Meeting, San Francisco, CA, October 5-6, 1996.
229. Lewy, A.J.: Invited lecturer, "Light and melatonin circadian rhythm disorders." Presented at the 3rd Annual Psychiatric Symposium: Focus on Depression, Great Falls, Montana, October 10-12, 1996.
230. Lewy, A.J.: Invited lecturer, "Chronobiology and therapeutic effects of light and melatonin." Presented at the 28th Annual Meeting of the Argentine Association of Experimental Pharmacology, Parana, Argentina, November 1-4, 1996.
231. Lewy, A.J.: Invited lecturer, "Melatonin and jet lag." Presented at the International Travel Clinic Grand Rounds at Oregon Health Sciences University, Portland, OR, November 25, 1996.
232. Lewy, A.J.: Chairman of study group, "Melatonin: current issues and controversies." 35th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 9, 1996.
233. Lewy, A.J.: Invited lecturer, "Melatonin in special operations." Presented before the U.S. Special Operations Command-Biomedical Initiatives Steering Committee, Fort Bragg, NC, December 11, 1996.
234. Lewy, A.J.: Invited lecturer, "Melatonin: fact or fiction." Grand Rounds presentation at Salem Hospital, Salem, OR, December 17, 1996.
235. Lewy, A.J.: Invited lecturer, "Biological basis of winter depression." Oregon Psychiatric Association 1997 Winter Meeting, Skamania Lodge, February 23, 1997.
236. Lewy, A.J.: Invited lecturer, "Melatonin and shift work." Grand Rounds presentation at OHSU Department of Emergency Medicine, Portland, OR, March 18, 1997.
237. Lewy, A.J.: Invited lecturer, "Melatonin, sleep and circadian rhythms." Presented at Eli Lilly Corporation, Indianapolis, IN, March 27, 1997.



**Selected Presentations:**

238. Lewy, A.J.: Invited lecturer, "Winter depression: current controversies." Grand rounds presentation, Department of Psychiatry, University of California at San Francisco (UCSF), San Francisco, CA, April 9, 1997.
239. Lewy, A.J.: Invited lecturer, "Melatonin: an update." Grand rounds presentation, Department of Psychiatry, OHSU, Portland, OR, April 15, 1997.
240. Lewy A.J.: Course director, "Biological rhythms in psychiatry." 150th annual meeting of the American Psychiatric Association, San Diego, CA, April 15, 1997.
241. Lewy A.J.: Invited lecturer, "Melatonin and psychiatric disease." Symposium presentation at the 150th annual meeting of the American Psychiatric Association, San Diego, CA, April 21, 1997.
242. Lewy A.J.: Course lecture, "Light and melatonin treatment of circadian phase disorders." Presented at the 8th annual meeting of the Society for Light Treatment and Biological Rhythms (SLTBR), Vancouver, Canada, June 7, 1997.
243. Lewy A.J.: Keynote address, "The phase shift hypothesis for winter depression: an update." Presented at the 8th annual meeting of the Society for Light Treatment and Biological Rhythms (SLTBR), Vancouver, Canada, June 9, 1997.
244. Lewy, A.J.: Poster presentation, "Assays for measuring the dim light melatonin onset (DLMO) in human plasma." Presented at the 11th annual meeting of the Associated Professional Sleep Societies (APSS), San Francisco, CA, June 13, 1997.
245. Lewy, A.J.: Poster presentation, "Women are more sensitive than men to 500 lux light suppression of melatonin in fall and winter." Presented at the 11th annual meeting of the Associated Professional Sleep Societies (APSS), San Francisco, CA, June 13, 1997.
246. Lewy, A.J.: Invited lecturer, "Morning versus evening light in the treatment of winter depression." Presented at the 15th annual meeting of the West Coast College of Biological Psychiatry (WCCBP), Seattle, WA, June 20, 1997.
247. Lewy, A.J.: Invited lecturer, "Treatment of circadian phase disorders." Presented at the 28th Congress of the International Society of Psychoneuroendocrinology (ISPNE), San Francisco, CA, July 29, 1997.
248. Lewy, A.J.: Symposium chairman, "Light and regulation of circadian rhythms." International Congress on Chronobiology, Paris, France, September 10, 1997.
249. Lewy, A.J.: Invited lecturer, "Light and melatonin in winter depression." Presented at the International Congress on Chronobiology, Paris, France, September 10, 1997.
250. Lewy, A.J.: Invited lecturer, "Treatment of winter depression (S.A.D.)" Presented at the Advances in Psychopharmacology Conference, VA Medical Center, Utah Cooperative Healthcare Education Program (UCHEP), Salt Lake City, UT, September 16, 1997.
251. Lewy, A.J.: Invited lecturer, "Blue days: seasonal affective disorders." Presented at the 20th annual education conference of the Oregon Nurses Association, Inn of the Seventh Mountain, Bend, OR, September 27, 1997.
252. Lewy, A.J.: Invited lecturer, "Diagnosis and treatment of winter depression." Presented at the Oregon Medical Association Annual Meeting, Portland, OR, January 28, 1998.
253. Lewy, A.J.: Invited lecturer, "Treating winter depression with light and melatonin." Presented at the Alaska Psychiatric Association annual meeting, Anchorage, AK, April 17, 1998.
254. Lewy, A.J.: Invited lecturer, "Treatment of body clock disorders using melatonin and bright light." Presented at the OHSU Dental School Research Forum, Casey Eye Institute, Portland, OR, May 19, 1998.
255. Lewy, A.J.: Invited lecturer, "Shifting circadian phase using light and melatonin." Presented at the 151st annual meeting of the American Psychiatric Association, Toronto, Canada, June 2, 1998.
256. Lewy A.J.: Course director, "Light, melatonin and psychiatric illness." 151st annual meeting of the American Psychiatric Association, Toronto, Canada, June 3, 1998.
257. Lewy, A.J.: Invited lecturer, "Melatonin treatment of winter depression." Grand rounds presentation, Department of Psychiatry, OHSU, Portland, OR, June 9, 1998.

**Selected Presentations:**

258. Lewy, A.J.: Invited lecturer, "Phase-shifting and sleep-promoting effects of melatonin in humans." Presented at the 53rd workshop of the International School of Pharmacology, Erice-Sicily, Italy, June 25, 1998.
259. Lewy, A.J.: Invited lecturer, "Melatonin and winter depression." Colloquium, Department of Biochemistry, University of Surrey, England, July 16, 1998.
260. Lewy, A.J.: Banquet speaker, "The discovery of melatonin." Melatonin after Four Decades Meeting, Hamburg, Germany, August 29, 1998.
261. Lewy, A.J.: Plenary lecture, "Melatonin and human chronobiology." Melatonin after Four Decades Meeting, Hamburg, Germany, August 30, 1998.
262. Lewy, A.J.: Invited lecturer, "Melatonin, light and sleep and mood disorders." Special seminar, Institute of Physiology of the Czech Republic, Prague, Czech Republic, September 2, 1998.
263. Lewy, A.J.: Invited lecturer, "The physiology and pharmacology of the biological clock." Department of Physiology and Pharmacology 1998-99 seminar series, OHSU, Portland, OR, October 7, 1998.
264. Lewy, A.J.: Invited lecturer, "Psychopharmacology of sleep and chronobiology." Psychopharmacology 1998 meeting, Fairmont Hotel, Nob Hill, San Francisco, CA, October 17, 1998.
265. Lewy, A.J.: Invited lecturer, "Winter depression: a model for chronobiologic affective disorders." 37th annual meeting of the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico, December 17, 1998.
266. Lewy, A.J.: Invited lecturer, "Sleep and mood disorders and melatonin." Caremark Behavioral Medicine Lecture Series, Legacy Emanuel Hospital and Health Center, Portland, OR, January 13, 1999.
267. Lewy, A.J.: Invited lecturer, "Treatment of winter depression and other circadian phase disorders using bright light and melatonin." Grand Rounds, University of Chicago, Chicago, IL, March 15, 1999.
268. Lewy, A.J.: Invited teacher, "Melatonin treatment guidelines for winter depression and chronobiological disorders." 11th annual meeting of the Society for Light Treatment and Biological Rhythms, Alexandria, VA, May 16, 1999.
269. Lewy, A.J.: Invited lecturer, "Melatonin as a marker for circadian phase in humans." 11th annual meeting of the Society for Light Treatment and Biological Rhythms, Alexandria, VA, May 17, 1999.
270. Lewy, A.J.: Course director, "Use of melatonin/light in sleep and mood disorders." 152nd annual meeting of the American Psychiatric Association, Washington, D.C., May 17, 1999.
271. Lewy, A.J.: Invited lecturer, "The use of appropriately timed bright light exposure and melatonin administration in the treatment of jet lag." 6th Conference of the International Society of Travel Medicine, Montreal, Quebec, Canada, June 9, 1999.
272. Lewy, A.J.: Invited teacher, "Shifting circadian rhythms: Melatonin as a marker and as a phase resetting agent." 1999 APSS Annual Meeting, Orlando, FL, June 20, 1999.
273. Lewy, A.J.: Poster presentation, "A suggested nomenclature for melatonin circadian phase markers." WFSRS Third International Congress, Dresden, Germany, October 7, 1999.
274. Lewy, A.J.: Invited lecturer, "Winter depression." Portland State University, Portland, OR, October 16, 1999.
275. Lewy, A.J.: Invited lecturer, "Circadian phase disorders, melatonin and bright light: Implications for genetics." Grand Rounds, University of Utah, Salt Lake City, UT, October 26, 1999.
276. Lewy, A.J.: Invited lecturer, "Clinical phenotypes and clock genes: Treatment with bright light and melatonin." Grand Rounds presentation, Department of Molecular and Medical Genetics, OHSU, Portland, OR, November 3, 1999.
277. Lewy, A.J.: Invited lecturer, "Melatonin and clinical medicine." Grand Rounds, Department of Medicine, OHSU, Portland, OR, November 9, 1999.

**Selected Presentations:**

278. Lewy, A.J.: Invited lecturer, "Melatonin and light in the treatment of sleep disorders." International Symposium: Neurobiology and Sleep Disorders, Madrid, Spain, February 8, 2000. Presented by Thomas Wehr, M.D., due to illness.
279. Lewy A.J.: Poster presentation, "The phase angle of entrainment to 10 mg melatonin in blind people depends on prior free-running period." Presented at the 7<sup>th</sup> Meeting Society for Research on Biological Rhythms, Jacksonville, FL, May 10, 2000.
280. Lewy, A.J.: Invited lecturer, "Mysteries of the mind." Brain Awareness Week, Portland, OR, March 16, 2000.
281. Lewy, A.J.: Course director, "Use of melatonin/light in sleep and mood disorders." 153<sup>rd</sup> annual meeting of the American Psychiatric Association, Chicago, IL, May 16, 2000.
282. Lewy, A.J.: Invited lecturer, "Use of melatonin in sleep and mood disorders." ASBMB/ASPET 2000 Joint Meeting, Boston, MA, June 6, 2000.
283. Lewy, A.J.: Invited lecturer, "Treatment of sleep disorders with melatonin and light." APSS 14<sup>th</sup> Annual Meeting, Las Vegas, NV, June 17, 2000.
284. Lewy, A.J.: Invited lecturer, "Entrainment of the human biological clock by the light/dark cycle: Augmentation by endogenous melatonin production?" Gordon Pineal Cell Biology Research Conference, Oxford, UK, August 31, 2000.
285. Lewy, A.J.: Invited lecturer, "Bright news for the winter blues." Sixth Annual Women's Health Conference, Oregon Health Sciences University, Portland, OR, October 26, 2000.
286. Lewy, A.J.: Invited lecturer, "Seasonal affective disorder." Human Anatomy and Physiology Society Western Regional Conference, Vancouver, WA, February 3, 2001.
287. Lewy, A.J.: Invited lecturer, "Illuminating, engineering, and the body clock." Oregon Section of the Illuminating Society of North America, Portland, OR, April 18, 2001.
288. Lewy, A.J.: Course director, "Melatonin and light treatment of SAD: sleep and other body clock disorders." 154<sup>th</sup> annual meeting of the American Psychiatric Association, New Orleans, LA, May 9, 2001.
289. Lewy, A.J.: Invited lecturer, "Arylalkylamine N-acetyl transferase and human melatonin." Arylalkylamine N-acetyl transferase National Institute of Health workshop, Warrenton, VA, May 13, 2001.
290. Lewy, A.J.: Invited lecturer, "Melatonin as a circadian phase-resetter for nurses who work seven nights every other week." Society for Light Treatment and Biological Rhythms annual meeting, Stockholm, Sweden, June 26, 2001.
291. Lewy, A.J.: Invited lecturer, "Treating body clock sleep and mood disorders using bright light and melatonin." Society for Light Treatment and Biological Rhythms annual meeting, Stockholm, Sweden, June 27, 2001.
292. Lewy, A.J.: Invited lecturer, "Sleep Disorders." West Coast College of Biological Psychiatry, Psychopharmacology 2001 Clinical and Research Update, San Francisco, CA, October 13, 2001.
293. Lewy, A.J.: Invited lecturer, "Light parameters and seasonal affective disorder." Portland General Electric meeting, Portland, OR, November 1, 2001.
294. Lewy, A.J.: Invited lecturer, "Bright news for the winter blues." Healthy Chat, OHSU, Portland, OR, December 12, 2001.
295. Lewy, A.J.: Course director, "Melatonin and light treatment of S.A.D, sleep, and other body clock disorders." 155<sup>th</sup> Annual Meeting of the American Psychiatric Association, Philadelphia, PA, May 19, 2002.
296. Lewy, A.J.: Invited lecturer, "Enlightenment from studies of blind human subjects." Society for Research on Biological Rhythms 8th Annual Meeting, Jacksonville, FL, May 22, 2002.
297. Lewy, A.J.: Discussion participant, "Entrainment in humans: what does it take?" Society for Research on Biological Rhythms 8<sup>th</sup> Annual Meeting, Jacksonville, FL, May 23, 2002.

**Selected Presentations:**

298. Lewy, A.J.: Invited lecturer, "Seasonal Affective Disorder." Portland Women's Conference, Portland, OR, April 28, 2002.
299. Lewy, A.J.: Course chair, "Use of melatonin in treating circadian and sleep disorders." Associated Professional Sleep Societies 16<sup>th</sup> Annual Meeting, Seattle, WA, June 8, 2002.
300. Lewy, A.J.: Poster presentation, "Avoiding 'spillover' onto the wrong side of the melatonin PRC may enhance melatonin's phase shifting effects." Society for Light Treatment and Biological Rhythms 14<sup>th</sup> Annual Meeting, San Diego, CA, June 13, 2002.
301. Lewy, A.J.: Invited panelist, "Markers for circadian rhythms in human research." Society for Light Treatment and Biological Rhythms 14<sup>th</sup> Annual Meeting, San Diego, CA, June 15, 2002.
302. Lewy, A.J.: Poster presentation, "Low, but not high doses of melatonin entrained a free-running blind person with a long tau." American College of Neuropsychopharmacology 41<sup>st</sup> Annual Meeting, San Juan, Puerto Rico, December 8 - 12, 2002.
303. Lewy, A.J.: Invited speaker, "Winter Depression." OHSU Healthy Talk, Oregon Health & Science University, Portland, OR, January 4, 2003.
304. Lewy, A.J.: Invited lecturer, "Circadian rhythm abnormalities in blind people and winter depressives: how research in one group informs the other." Grand Rounds presentation, Department of Psychiatry, Oregon Health & Science University, School of Medicine, January 16, 2003.
305. Lewy, A.J.: Invited lecturer, "Treatment of SAD and other circadian rhythm disorders." Grand Rounds presentation, Department of Psychiatry, University of Utah School of Medicine, January 21, 2003.
306. Lewy, A.J.: Invited lecturer, "Diagnosis and treatment of circadian clock disorders." Grand Rounds presentation, Department of Psychiatry and Behavioral Sciences, University of Texas Medical Branch at Galveston, Galveston, TX March 25, 2003.
307. Lewy, A.J.: Invited lecturer, "Treatment of circadian phase disorders with light and melatonin." Grand Rounds presentation, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, April 3, 2003.
308. Lewy, A.J.: Course director, "Melatonin and light treatment of SAD, sleep and other body clock disorders" 156<sup>th</sup> Annual Meeting of the American Psychiatric Association, San Francisco, CA, May 19, 2003.
309. Lewy, A.J.: Invited lecturer, "Use of light and melatonin in treating psychiatric disorders." First World Congress of Chronobiology, Sapporo, Japan, September 10, 2003.
310. Lewy, A.J.: Invited lecturer, "SADS to GLADS: Coping with seasonal affective disorder." No More Bad News Lecture Series, Department of Psychiatry, Oregon Health & Science University School of Medicine, October 8, 2003.
311. Lewy, A.J.: Invited lecturer, "Melatonin and winter depression." Marquam Hill Lectures, Oregon Health & Science University, October 16, 2003.
312. Lewy, A.J.: Invited lecturer, "Light and health." Bridges in Light Inaugural Symposium, Saratoga Springs, NY, October 22, 2003.
313. Lewy, A.J.: Invited lecturer, "Winter depression." Holladay Park Pavilion, Portland, OR, October 28, 2003.
314. Lewy, A.J.: Invited lecturer, "Circadian sleep disorders in the blind and their treatment with melatonin." Ophthalmology Grand Rounds, Legacy Emanuel Hospital & Health Center, Portland, OR, November 7, 2003.
315. Lewy, A.J.: Invited lecturer, "Treatment of circadian sleep and mood disorders in the blind." Grand Rounds, Dept. of Ophthalmology, Oregon Health & Science University, Portland, OR, November 7, 2003.
316. Lewy A.J.: Poster presentation, "Melatonin treatment of phase delayed winter depressives is mediated by circadian phase shifts." American College of Neuropsychopharmacology 42<sup>nd</sup> Annual Meeting, San Juan, Puerto Rico, December 15, 2003.

**Selected Presentations:**

317. Lewy, A.J.: Invited lecturer, "Using light and melatonin on night call." Department of Surgery Grand Rounds, Oregon Health & Science University, Portland, OR, January 12, 2004.
318. Lewy, A.J.: Invited lecturer, "Circadian sleep and mood disorders of blindness and their treatment with melatonin." National Center for Rehabilitative Auditory Research (NCRAR) Research Seminar, VA Cancer Center, Portland, OR, February 20, 2004.
319. Lewy, A.J.: Invited lecturer, "Melatonin treatment of sleep disorders in the blind." Speech and Hearing Center Grand Rounds, VA Medical Center, Portland, OR, February 20, 2004.
320. Lewy, A.J.: Course director, "Melatonin and light treatment of SAD, sleep and other body clock disorders." 157<sup>th</sup> Annual Meeting of the American Psychiatric Association, New York, NY, May 2, 2004.
321. Lewy A.J.: Poster presentation, "Melatonin-induced phase delays of the human circadian pacemaker." Associated Professional Sleep Societies annual meeting, Philadelphia, PA, June 9, 2004.
322. Lewy A.J.: Poster presentation, "Relative coordination to weak zeitgebers in free-running blind individuals." Society for Research on Biological Rhythms annual meeting, Whistler, BC, Canada, June 26, 2004.
323. Lewy, A.J.: Invited lecturer, "Entrainment of the circadian pacemaker with very low dose melatonin." Society for Research on Biological Rhythms annual meeting, Whistler, BC, Canada, June 26, 2004.
324. Lewy, A.J.: Plenary Speaker, "Melatonin and light treatment of circadian sleep disorders." Japanese Sleep Society Annual Meeting, Tokyo, Japan, July 1, 2004.
325. Lewy, A.J.: Invited lecturer, "Mood, sleep and behavioral issues and the latest treatments." 2<sup>nd</sup> Annual Pacific Northwest Brain Injury Conference, Portland, OR, October 2, 2004.
326. Lewy, A.J.: Invited lecturer, "Melatonin treatment of sleep disorders." Stanford University Center for Human Sleep Research Grand Rounds, Stanford University, Palo Alto, CA, October 29, 2004.
327. Lewy, A.J.: Invited lecturer, "Seasonal affective disorder and circadian sleep disorders." Presented at the annual meeting of the Oregon Psychological Association, Portland, OR, December 5, 2004.
328. Lewy A.J.: Invited lecturer, "The 'sweet spot' for the plasma dim light melatonin onset for winter depressives treated with low-dose daytime melatonin: support for the phase shift hypothesis (PSH)." American College of Neuropsychopharmacology 43<sup>rd</sup> Annual Meeting, San Juan, Puerto Rico, December 12, 2004.
329. Lewy A.J.: Poster presentation, "The circadian basis for winter depression." American College of Neuropsychopharmacology 43<sup>rd</sup> Annual Meeting, San Juan, Puerto Rico, December 13, 2004.
330. Lewy, A.J.: Invited lecturer, "Melatonin and light treatment of schedule-induced circadian disorders." Pulmonary Critical Care Grand Rounds, Oregon Health & Science University, Portland, OR, Feb.18, 2005.
331. Lewy, A.J.: Invited lecturer, "Science and the treatment of sleep disorders." Presented at the winter meeting of the Oregon Psychiatric Association, Portland, OR, February 26, 2005.
332. Lewy, A.J.: Invited lecturer, "Body clock sleep disorders in persons who are totally blind." Presented at the 46th Annual Conference of the California Transcribers and Educators of the Visually Handicapped (CTEVH), San Francisco, CA, March 5, 2005.
333. Lewy, A.J.: Invited lecturer, "Circadian rhythm disruptions in the older adult." Presented to the American Geriatric Society, Orlando, FL, May 13, 2005.
334. Lewy, A.J.: Course director, "Melatonin and light treatment of SAD, sleep and other body clock disorders." 158<sup>th</sup> Annual Meeting of the American Psychiatric Association, Atlanta, GA, May 21, 2005.
335. Lewy, A.J.: Invited lecturer, "Joining night and day: insomnia and the sleep/wake cycle." 158<sup>th</sup> Annual Meeting of the American Psychiatric Association, Atlanta, GA, May 22, 2005.
336. Lewy, A.J.: Course director, "Melatonin and light for treating blind people and winter depressives." Associated Professional Sleep Societies (APSS) 19<sup>th</sup> annual meeting, Denver, CO, June 19, 2005.

**Selected Presentations:**

337. Lewy, A.J.: Invited lecturer, "Melatonin." Associated Professional Sleep Societies (APSS) 19<sup>th</sup> annual meeting, Denver, CO, June 21, 2005.
338. Lewy, A.J.: Invited lecturer, "The melatonin synthesis offset." Associated Professional Sleep Societies (APSS) 19<sup>th</sup> annual meeting, Denver, CO, June 22, 2005.
339. Lewy, A.J.: Invited lecturer, "Melatonin treatment of phase-typed SAD patients supports the phase shift hypothesis." Society for Light Treatment and Biological Rhythms (SLTBR) 17<sup>th</sup> annual meeting, Eindhoven, The Netherlands, July 7, 2005.
340. Lewy, A.J.: Festschrift speaker, "Rutger Wever's abiding influence on the clinical use of light and melatonin." Munich, Germany, July 11, 2005.
341. Lewy, A.J.: Invited lecturer, "Use of melatonin in psychiatric and sleep disorders." University of Michigan Psychiatry Grand Rounds, Ann Arbor, MI, October 5, 2005.
342. Lewy, A.J.: Invited lecturer, "Use of light and melatonin to treat circadian phase sleep and mood disorders." Mental Illness Research, Education and Clinical Center, Portland, OR, November 16, 2005.
343. Lewy, A.J.: Invited lecturer, "Anatomy of the pineal gland." Neurosurgery Grand Rounds, Oregon Health & Science University, Portland, OR, December 5, 2005.
344. Lewy, A.J.: Course Chairman, "Clock genes, melatonin and affective disorders." American College of Neuropsychopharmacology 44<sup>th</sup> Annual Meeting, Waikoloa, HI, December 15, 2005.
345. Lewy, A.J.: Invited lecturer, "In winter depression (SAD), the sweet spot for the 10 pg/ml plasma dim light melatonin onset (DLMO) is six hours before mid-sleep." American College of Neuropsychopharmacology 44<sup>th</sup> Annual Meeting, Waikoloa, HI, December 15, 2005.
346. Lewy, A.J.: Invited lecturer, "Effects of melatonin on human time keeping." Gordon Research Conference on Pineal Cell Biology, Buellton, CA, January 19, 2006.
347. Lewy, A.J.: Abstract presentation, "Low-Dose Melatonin Treatment of Two Totally Blind Children with Free-Running Circadian Rhythms." Annual Pediatric Sleep Medicine Conference, Amelia Island, FL, March 10-12, 2006.
348. Lewy, A.J.: Invited lecturer, "Winter depression." BrainNet Luncheon Talk, Portland, OR, May, 15, 2006.
349. Lewy, A.J.: Course Director, "Melatonin and light treatment of SAD, sleep and other body clock disorders." 159<sup>th</sup> Annual Meeting of the American Psychiatric Association, Toronto, CA, May 24, 2006.
350. Lewy, A.J.: Course Director, "Circadian rhythm sleep disorders." Associated Professional Sleep Societies (APSS) 20<sup>th</sup> annual meeting, Salt Lake City, UT, June 18, 2006.
351. Lewy, A.J.: Invited lecturer, "Basic principles of circadian rhythm research in the blind." Associated Professional Sleep Societies (APSS) 20<sup>th</sup> annual meeting, Salt Lake City, UT, June 20, 2006.
352. Lewy, A.J.: Grand rounds presentation, "Melatonin." Department of Psychiatry, Oregon Health Sciences University, Portland, OR, August 15, 2006.
353. Lewy, A.J.: Invited lecturer, "Melatonin and Sleep Cycles" and "Treatment Issues." Western Missouri Psychiatric Society Annual Meeting, Kansas City, KS, October 6, 2006.
354. Lewy, A.J.: Invited lecturer, "Seasonal Affective Disorder." Southern Oregon Review of Medicine: Psychiatry Update for Primary Care: Stress, Mood and Neuronal Health, Medford, OR, October 27, 2006.
355. Lewy, A.J.: Poster presentation, "Developmental aspects of entrained vs. free-running circadian rhythms." American College of Neuropsychopharmacology, Hollywood, FL, December 4, 2006.
356. Lewy, A.J.: Invited lecturer, "Psychiatric Uses of Melatonin.", Grand rounds presentation, Department of Psychiatry, University of Illinois at Chicago, Chicago, IL, December 20, 2006.
357. Lewy, A.J.: Invited lecturer, "Circadian uses of melatonin and light." Grand rounds presentation, Department of Psychiatry and Behavioral Sciences, University of Texas Medical Branch at Galveston, Galveston, TX, March 13, 2007.

**Selected Presentations:**

358. Lewy, A.J.: Invited lecturer, "Circadian uses of melatonin in humans." Office of Dietary Supplements, National Institute of Health, Rockville, MD, March 14, 2007.
359. Lewy, A.J.: Course Director, "Melatonin and light treatment of SAD, sleep, and other body clock disorders." 160<sup>th</sup> Annual Meeting of the American Psychiatric Association, San Diego, CA, March 19, 2007.
360. Lewy, A.J.: Invited Lecturer, "The circadian biology of melatonin in humans and its clinical implications." LXXII Cold Spring Harbor Symposium on Quantitative Biology ("Clocks and Rhythms"), Cold Spring Harbor, New York, NY June 3, 2007.
361. Lewy, A.J.: Oral Presentation, "Are the circadian rhythms of blind adult males less sensitive to social cues than females?" SLEEP 2007 21<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, June 13, 2007.
362. Lewy, A.J.: Poster Presentation, "DLMO/Mid-sleep interval of six hours phase types SAD patients and parabolically correlates with symptom severity." SLEEP 2007 21<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, June 13, 2007.
363. Lewy, A.J.: NIH Mood & Anxiety Disorders Distinguished Lecturer, "Diagnosing and treating circadian misalignment in psychiatric and sleep disorders." Bethesda, MD, September 25, 2007.
364. Lewy, A.J.: Grand rounds presentation, "Neuropsychiatric uses of melatonin." Department of Neurology, Oregon Health & Science University, Portland, OR, October 31, 2007.
365. Lewy, A.J.: Invited Lecturer, "The phase angle difference (PAD) between the DLMO and mid-sleep as a marker for the circadian component of sleep and psychiatric disorders." 2<sup>nd</sup> World Congress of Chronobiology, Toyko, Japan, November 6, 2007.
366. Lewy, A.J.: Invited Lecturer, "The sleeping brain: how sleep affects mood, memory and behavior." 2008 Brain Awareness Lecture Series, Oregon Health & Science University, February 25, 2008.
367. Lewy, A.J.: Invited Lecturer, "How to treat your jet lag." 39<sup>th</sup> Annual Family Medicine Review, Portland, OR, February 27, 2008.
368. Lewy, A.J.: Invited Lecturer, "Seasonal affective disorder." Stress management series presentation, Oregon Health & Science University, Portland, OR, February 28, 2008.
369. Lewy, A.J.: Invited Lecturer, "Treating comorbid psychiatric and sleep disorders." Southern Sleep Society 30<sup>th</sup> Annual Meeting, San Antonio, TX, March 7-8, 2008.
370. Lewy, A.J.: Invited Seminar Presenter, "The chronobiology of affective illness." University of Milan, Milan, Italy, April 18, 2008.
371. Lewy, A.J.: Invited Chairperson, "Management of time in human chronobiology." Gordon Research Conference on Pineal Cell Biology, II Ciocco, Lucca (Barga), Italy, April 21, 2008.
372. Lewy, A.J.: Course Director, "Melatonin and light treatment of SAD, sleep, and other body clock disorders." 161<sup>st</sup> Annual Meeting of the American Psychiatric Association, Washington DC, May 3-8, 2008.
373. Lewy, A.J.: Invited Speaker, "The legacy of Aaron Lerner in ten years time." Society for Research on Biological Rhythms Aaron Lerner Memorial Symposium, Sandestin, FL, May 17, 2008.
374. Lewy, A.J.: Invited Speaker, "Presence of circadian phase resetting in response to bright light behind the knees?" Society for Light Treatment and Biological Rhythms, Vancouver, BC, June 17, 2008.
375. Emens, J., Lewy, A. J., Rough, J. & Songer, J. Sub-clinical dysphoria correlates with phase-delayed circadian misalignment in healthy subjects. *American College of Neuropsychopharmacology 47th Annual Meeting*, Scottsdale, AZ. 2008. (Presented By AJL).
376. Lewy, A.J.: Invited Speaker, "Light and melatonin treatment of circadian disorders and jet lag" Achievement Rewards for College Scientists Foundation (ARCS) Program Series. Oregon Health & Science University, Portland, OR, March 5, 2009.
377. Lewy, A.J.: Invited Speaker, "The circadian misalignment component of sleep and mood disorders." Cold Spring Harbor Laboratory Banbury Center Meeting ("Neurobiology of Depression: From Molecules to Mood"), Cold Spring Harbor, New York, NY, March 25, 2009.

**Selected Presentations:**

378. Lewy, A.J.: Saslow Lecturer, "Treatment of body clock disorders with light and melatonin." 68<sup>th</sup> Annual Sommer Memorial Lectures & 94<sup>th</sup> Annual OHSU School of Medicine Alumni Scientific Meeting, Portland, OR, May 8, 2009.
379. Lewy, A.J.: Plenary Neuroscience Lecturer, "Circadian Rhythms and Depression." Annual Meeting of American College of Psychoanalysts, San Francisco, CA, May 16, 2009.
380. Lewy, A.J.: Course Director, "Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders." 162<sup>nd</sup> Annual Meeting American Psychiatric Association, San Francisco, CA, May 17, 2009.
381. Lewy, A.J.: Meet the Professors, "Treatment of Sleep Disorders with Melatonin: Lessons from the Blind." 23<sup>rd</sup> Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA, June 8, 2009.
382. Lewy, A.J.: Chair, "Melatonin Treatment of Sleep and Circadian Disorders." 23<sup>rd</sup> Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA, June 10, 2009.
383. Lewy, A.J.: Invited Speaker, "Gender-Specific Sub-Clinical Dysphoria Correlates with Phase-Delayed Circadian Misalignment in Healthy Women." 21<sup>st</sup> Annual Meeting of the Society for Light Treatment and Biological Rhythms, Berlin, Germany, June 26, 2009.
384. Lewy, A.J.: Invited Speaker, "Melatonin – The Hands of the Mind's Clock." Endocrine Grand Rounds, NIH Clinical Center, Bethesda, MD, September 25<sup>th</sup>, 2009.
385. Lewy, A.J.: Invited Speaker, Special Seminar, "The Effects of Circadian Misalignment in Sleep and Mood Disorders" Center for Sleep and Circadian Biology, Evanston, Illinois, October 14, 2009.
386. Lewy, A.J.: Invited Speaker, NIMH Dynamical Neuroscience XVII: Dynamical Diseases Symposium, "What we can learn from seasonal and non-seasonal depression about mathematical models in neuroscience" Chicago, Illinois, October 16, 2009.
387. Lewy A.J.: Course Director, "Chronobiology: Focus on Depression & Sleep." Presented at the World Association of Sleep Medicine's 3<sup>rd</sup> International Congress on Sleep Medicine (the 12<sup>th</sup> Brazilian Congress of Sleep Medicine), sponsored by the Department of Psychobiology, University of Sao Paulo, Sao Paulo, Brazil, November 12-13, 2009.
388. Lewy A.J.: Invited Keynote Speaker, "Circadian Disorders." Presented at the World Association of Sleep Medicine's 3<sup>rd</sup> International Congress on Sleep Medicine (the 12<sup>th</sup> Brazilian Congress of Sleep Medicine), sponsored by the Department of Psychobiology, University of Sao Paulo, Sao Paulo, Brazil, November 10, 2009.
389. Lewy A.J.: Course Director, "Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders." Presented at the Rio De Janeiro Psychiatric Association, Rio De Janeiro, Brazil, November 16, 2009.
390. Lewy, A.J.: Invited Speaker, "Therapeutic uses of melatonin: past, present and future." Presented at the Pasteur Institute, Paris, France, May 10, 2010.
391. Lewy, A.J.: Invited Master Class, "Melatonin and Light." Presented at the University of Utrecht, Utrecht, Netherlands, May 12, 2010.
392. Lewy, A.J.: Invited Seminar: "Recent advances in melatonin research." Presented at the University of Groningen, Groningen, Netherlands, May 18, 2010.
393. Lewy, A.J.: Course Director, "Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders." 163<sup>rd</sup> Annual Meeting American Psychiatric Association, New Orleans, LA, May 23, 2010
394. Lewy, A.J.: Seminar Speaker, "Keeping Upbeat During the Winter Blues." PSU Weekend, Portland State University Alumni Association, Portland State University, Portland, OR, October 23, 2010.
395. Lewy, A.J.: Poster Presentation, "Implications of Entrainment of Blind Free-Runners to Low-Dose Melatonin for the Phase Shift Hypothesis (PSH) for Winter, Nonseasonal and Summer Depression and the Maternal Ontogenic Melatonin (MOM) Hypothesis for Early Disorders." 49<sup>th</sup> annual meeting of the American College of Neuropsychopharmacology (ACNP), Miami Beach, FL, December 6, 2010.



**Selected Presentations:**

396. Lewy, A.J.: Invited Speaker, Illuminating Engineering Society (IES) and Interface Design, “Circadian Rhythms: Adaptation to the Environment by Internalization of the Day-Night Cycle” Portland, OR, January 28, 2011.
397. Lewy, A.J.: Invited Speaker, “Melatonin, the First Bio-Assay for a Behavioral Disorder: Implications for Public Health.” Annual Saslow Lecture and Luncheon, Oregon Health & Science University, Portland, OR, May 6, 2011.
398. Lewy, A.J.: Course Director, “Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders.” 164<sup>th</sup> Annual Meeting American Psychiatric Association, Honolulu, HI, May 14-18, 2011.
399. Lewy, A.J.: Invited Speaker, “Melatonin as a biomarker for, and treatment of, the circadian component of depression.” Department of Psychiatry Grand Rounds, University of Chicago, Chicago, IL, June 2, 2011.
400. Lewy, A.J.: Invited Speaker, “Internal Circadian Misalignment and its treatment with light and melatonin: Implications for Psychiatric and other disorders” Department of Psychiatry and Behavioral Sciences Grand Rounds, Northwestern University, Chicago, IL, June 3, 2011.
401. Lewy, A.J.: Course Co-chair and Introductory Speaker, “Circadian Rhythms: Emerging Biomarkers for the Diagnosis and Treatment of Mood Disorders”, 25<sup>th</sup> Annual Meeting, Associated Professional Sleep Societies, Minneapolis, MN, June 15, 2011.
402. Lewy, A.J.: Invited Speaker, “Circadian Rhythm Disturbances and Depression.” Satellite Symposium, 15<sup>th</sup> World Congress of Psychiatry, Buenos Aires, Argentina, September 18, 2011.
403. Lewy, A.J.: Invited Speaker, “Effects of Light and Melatonin on the Body Clock.” 7<sup>th</sup> annual world congress, Developmental Origins of Health and Disease, Portland, OR, September 21, 2011.
404. Lewy, A.J.: Invited Speaker, “Melatonin as a biomarker for, and treatment of, the circadian misalignment component in seasonal and non-seasonal major depressive disorder.” Grand Rounds, National College of Natural Medicine, Portland, OR, September 26, 2011.
405. Lewy, A.J.: Invited Speaker, “Melatonin as a Biomarker For, and Treatment Of, the Circadian Misalignment Component in Seasonal and Non-Seasonal Major Depressive Disorder.” Northern California Psychiatric Society, San Francisco, CA, October 15, 2011.
406. Lewy, A.J.: Course Director, “Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders.” 165<sup>th</sup> Annual Meeting American Psychiatric Association, Philadelphia, PA , May 5-9, 2012.
407. Lewy, A.J.: Invited Speaker, “From Lyon to Portland: how melatonin pharmacokinetics and pharmacodynamics are critical to its circadian phase-resetting effects in humans.” University of Lyon, Lyon, France, May 30, 2012.
408. Lewy, A.J.: Invited Speaker, “The clinical importance of assessing intrinsic circadian clock properties in humans.” Institute of Pharmacology and Toxicology, University of Zurich-Irchel, Zurich, Germany, May 31, 2012.
409. Lewy, A.J.: Invited Lecturer, “Melatonin and chronobiology: 35 years and counting.” Grand Rounds, Sleep Medicine Program, Stanford University, Stanford, CA, May 17, 2013.
410. Lewy, A.J.: Course Director, “Melatonin and Light Treatment of SAD, Sleep and Other Body Clock Disorders.” 166<sup>th</sup> Annual Meeting American Psychiatric Association, San Francisco, CA, May 18, 2013.
411. Lewy, A.J.: Panel Discussant, “Sleep and shift work: impact on health, safety and productivity.” Center for Research on Occupational and Environmental Toxicity, Oregon Health & Science University, Portland, OR, “Prudent practices for employers and employees” June 14, 2013.
412. Lewy, A.J.: Invited Lecturer, “Melatonin, Light and Affective Disorders.” Centre for Affective Disorders, Institute of Psychiatry, Kings College London, London, England, December 11, 2013.
413. Lewy, A.J.: Invited Lecturer, “Chronobiology, the Role of Melatonin: Recent Advances.” Expert Meeting, Department of Affective Disorders, Faculty of Social and Behavioural Sciences Clinical, Health and Neuro Psychology, Leiden University, The Hague, The Netherlands, December 13, 2013.

**Selected Published Abstracts and Letters:****Selected Published Abstracts and Letters:**

1. Lewy A.J. and Seiden L.S. (1970) Differential depletion of brain monoamines by intraventricular injection of reserpine in the rat. *Fed. Proc.*
2. Neuwelt E.A. and Lewy A.J. (1982) Disappearance of plasma melatonin after surgical removal of a neoplastic pineal gland. *Ann. Neurol.* **12**:101.
3. Fraser S., Cowen P., Franklin M. and Lewy A.J. (1983) Direct radioimmunoassay and gas chromatography-mass spectrometry compared for determination of melatonin in plasma. (letter) *Clin. Chem.* **29**:1703-1704.
4. Lewy A.J., Brainard G.C., Menaker M., Miller L., Fredrickson R., Weleber R., Cassone V., Hudson D., Maricle R. and Sack R.L. (1983) Fluence-response relationship between light irradiance, suppression of melatonin production, and treatment of "winter depression." *Neuroendocrinology Letters* **5**:409.
5. Krauss G., Samples J.R. and Lewy A.J. (1985) Melatonin: A potential regulator of intraocular pressure. *Invest. Opth. Vis. Sci.* **26**(Suppl.):109.
6. Lewy A.J., Sack R.L., Miller L.S. and Hoban T.M. (1987) Three features of chronobiologically active light: Intensity, wavelength and timing. *Int. J. Neurosci.* **32**:357.
7. Lewy A.J. and Sack R.L. Letter to the Editor. (1988) *Am. J. Psychiatry* **145** (8):1041-1042.
8. Lee Y., Parrott K.A., Sack R.L., Abramowitz R. and Lewy A.J. (1989) Development of a transdermal delivery system for melatonin. *Pharm. Res.*
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