

Curriculum Vitae

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Shiga University of Medical Science

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Professor, Department of Psychophysiology

Tokyo Medical and Dental University, graduate School of Health Science

Tokyo, Japan

Education:

1994 Ph.D., Tokyo Medical and Dental University

1980 M.D., Tohoku University School of Medicine

Brief Chronology of Training and Employment:

1980-1981 Junior Staff, Tokyo Medical and Dental University Hospital, Tokyo

1981-1984 Staff Psychiatrist, Kurita Hospital, Kawasaki

1984-1986 Staff Electroencephalographer, Tokyo Medical and Dental University Hospital, Tokyo

1986 Senior Staff, Department of Psychiatry, Tokyo Metropolitan Tama Geriatric Hospital

1991 Section Chief, Section of Mental Function, National Institute of Mental Health, National Center of Neurology and Psychiatry

1992-1993 Visiting Scientist, Sleep Disorder Unit, Hephata Klinik, Germany

2000-2006 Director and Chair, Department of Psychophysiology, National Institute of Mental Health, National Center of Neurology and Psychiatry

2006- Present Position

Teaching Experience:

1992-1995 Lecturer of Psychiatry, Dokkyo University School of Medicine

1997- Lecturer of Psychiatry, Nihon University School of Medicine

1997-2002 Lecturer of Psychiatry, Nihon University School of Dentistry at Matsudo

1999- Lecturer of Psychiatry, Tokyo Medical and Dental University Graduate School of Medicine

2000-2005 Lecturer of Physiology and behavioral Science, Ochanomizu University
2005- Professor of Sleep Medicine, Shiga University of Medical Science
2006- Professor and Chairman, Department of Neuropsychiatry,
Nihon University School of Medicine
2006- Clinical Professor, Tokyo Medical and Dental University Graduate School
of Health Sciences

Editorial Board :

Sleep and Biological Rhythms (Vice Editor, Managing Editor, Associate Editor)
Nemuri to Iryou (Sleep and Clinical Practice, in Japanese, Chief Editor)

Journal Review:

Sleep and Biological Rhythms
Sleep
Journal of Sleep Research
Sleep Medicine
Psychiatry and Clinical Neuroscience
Journal of Neurology, Neurosurgery and Psychiatry
Psychosomatic Medicine
Psychiatry Research
Neuroscience Letters
Neuroscience Research

Societies:

Japanese Society of Sleep Research (Executive Committee member)
Japanese Society for Chronobiology (Executive Committee member)
Japanese Society of Psychosomatic Obstetrics and Gynecology
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Japanese Society for Biological Psychiatry (Council Member)
Japanese Society of Psycho-Oncology (Council Member)
Japanese Society of Psychiatric Diagnosis (Council Member)
Japanese Society of Clinical Neurophysiology (Council Member)
Japanese Association for Neurology and Psychiatry (Council Member)
Japanese Society of Public Health
Asian Sleep Research Society (Secretary General: 2000-2003)
American Academy of Sleep Medicine

Selected Publications in English:

1. Hida A, Kitamura S, Katayose Y, Kato M, Ono H, Kadotani H, **Uchiyama M**, Ebisawa T, Inoue Y, Kamei Y, Okawa M, Takahashi K, Mishima K. Screening of Clock Gene Polymorphisms Demonstrates Association of a PER3 Polymorphism with Morningness-Eveningness Preference and Circadian Rhythm Sleep Disorder. *Sci Rep*. 2014 Sep 9;4:6309.
2. Doi Y, Ishihara K, **Uchiyama M**. The reliability and validity of the Japanese version of the Children's ChronoType Questionnaire (CCTQ) in preschool children. *Chronobiol Int*. 2014 Jul 8:1-7. [Epub ahead of print]
3. Suzuki M, Yamada K, Kanamori T, Konno C, Konno M, Takahashi S, Aramaki O, Takayama T, **Uchiyama M**. Abdominal paresthesia resembling restless legs syndrome successfully treated with iron supplement therapy: A case report. *J Neurol Sci*. 2014;336(1-2):291-2.
4. Doi Y, Ishihara K, **Uchiyama M**. Sleep/wake patterns and circadian typology in preschool children based on standardized parental self-reports. *Chronobiol Int* 31:328-336, 2014.
5. Lockley SW, **Uchiyama M**. Non-24-h sleep-wake disorder (free-running type, nonentrained type, hypernycthemeral syndrome) in sighted and blind patients. *The Encyclopedia of Sleep*, Vol. 3 (ed. Kushida CA). Elsevier, Chicago, USA, pp.34-40, 2013.
6. Ohtsu T, Kaneita Y, Aritake S, Mishima K, **Uchiyama M**, Akashiba T, Uchimura N, Nakaji S, Munezawa T, Kokaze A, Ohida T. A Cross-sectional Study of the Association between Working Hours and Sleep Duration among the Japanese Working Population. *J Occup Health* 55:307-311, 2013.
7. Morita A, Kamei S, Sakai T, Oga K, Matsuura M, Kojima T, **Uchiyama M**, Tanaka N, Arakawa Y, Moriyama M. Relationship between quantitative electroencephalogram and interferon- α -induced depression in chronic hepatitis C patients. *Neuropsychobiology* 2013;67:122-126.
8. Takahashi S, Suzuki M, **Uchiyama M**: A case of schizophrenia with meige syndrome induced by perospirone successfully treated with biperiden. *J Neuropsychiatry Clin Neurosci* 25:E28, 2013.
9. Suzuki H, **Uchiyama M**, Aritake S, Kuriyama K, Kuga R, Enomoto M, Mishima K. Alpha activity during rem sleep contributes to overnight improvement in performance on a visual discrimination task. *Percept Mot Skills*. 2012 Oct;115(2):337-48.
10. Uchimura N, Kamijo A, Kuwahara H, **Uchiyama M**, Shimizu T, Chiba S, Inoue Y. A randomized placebo-controlled polysomnographic study of eszopiclone in Japanese patients with primary insomnia. *Sleep Med*. 2012 Dec;13(10):1247-53.
11. Furihata R, **Uchiyama M**, Takahashi S, Suzuki M, Konno C, Osaki K, Konno M, Kaneita Y, Ohida T, Akahoshi T, Hashimoto S, Akashiba T. The association between sleep problems and perceived health status: A Japanese nationwide general population survey. *Sleep Medicine* 13:831-837, 2012.
12. Ohtsu T, Kaneita Y, Aritake S, Mishima K, **Uchiyama M**, Akashiba T, Uchimura N, Nakaji S, Munezawa T, Shimada N, Kokaze A, Ohida T. Preferable Forms of Relaxation for Health

- Promotion, and the Association between Recreational Activities and Self-perceived Health. *Acta Med Okayama*, 66:41-51, 2012.
13. Suzuki M, Takahashi S, Matsushima E, Tsunoda M, Kurachi M, Okada T, Hayashi T, Ishii Y, Morita K, Maeda H, Katayama S, Otsuka T, Hirayasu Y, Sekine M, Okubo Y, Motoshita M, Ohta K, **Uchiyama M**, Kojima T. Relationships between exploratory eye movement dysfunction and clinical symptoms in schizophrenia. *Psychiatry Clin Neurosci*. 2012 Apr;66(3):187-94.
 14. Léger D, Morin CM, **Uchiyama M**, Hakimi Z, Cure S, Walsh JK. Chronic insomnia, quality-of-life, and utility scores: Comparison with good sleepers in a cross-sectional international survey. *Sleep Med*, 2011.
 15. **Uchiyama M**, Inoue Y, Uchimura N, Kawamori R, Kuribayashi M, Kario K, Watada H. Clinical significance and management of insomnia. *Sleep and Biological Rhythms* 9: 63–72, 2011.
 16. Furihata R, **Uchiyama M**, Takahashi S, Konno C, Suzuki M, Osaki K, Kaneita Y, Ohida T. Self-help behaviors for sleep and depression: A Japanese nationwide general population survey. *J Affect Disord* 130:75-82, 2011.
 17. **Uchiyama M**, Hamamura M, Kuwano T, Nagata H, Hashimoto T, Ogawa A, Uchimura N. Long-term safety and efficacy of ramelteon in Japanese patients with chronic insomnia. *Sleep Med* 12:127-33, 2011.
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 19. Uchimura N, Ogawa A, Hamamura M, Hashimoto T, Nagata H, **Uchiyama M**. Efficacy and safety of ramelteon in Japanese adults with chronic insomnia: a randomized, double-blind, placebo-controlled study. *Expert Rev. Neurother*. 11:215-224, 2011.
 20. Abe Y, Mishima K, Kaneita Y, Ohida T, Nishikawa T, **Uchiyama M**. Stress coping behaviors and sleep hygiene practices in a sample of Japanese adults with insomnia. *Sleep and Biological Rhythms* 9:35-45, 2011.
 21. Suzuki M, Konno C, Takahashi S, **Uchiyama M**. Hidden harm. *Lancet* 377:874, 2011.
 22. Takahashi S, Suzuki M, **Uchiyama M**: Hyperprolactinemia in Psychiatric Patients Treated with Antipsychotics: 24 Case Reports. *The Nihon University Journal of Medicine*. 52: 27-36, 2010.
 23. Yokoyama E, Kaneita Y, Saito Y, **Uchiyama M**, Matsuzaki Y, Tamaki T, Munezawa T, Ohida T. Association between depression and insomnia subtypes: a longitudinal study on the elderly in Japan. *Sleep* 33:1693-702, 2010.
 24. Sakuma T, Sato K, Nagane Y, Mochida J, Sugimoto S, Ichinose T, Yamaguchi K, **Uchiyama M**, Takahashi S. Effects of α 1-Blockers for lower urinary tract symptoms and sleep disorders in patients with benign prostatic hyperplasia, *LUTS* 2:119-122, 2010.
 25. Akahoshi T, Uematsu A, Akashiba T, Nagaoka K, Kiyofuji K, Kawahara S, Hattori T, Kaneita Y, Yoshizawa T, Takahashi N, **Uchiyama M**, Hashimoto S. Obstructive sleep apnoea is associated with risk factors comprising the metabolic syndrome. *Respirology*.

- 15:1122-6, 2010.
26. Kaji T, Mishima K, Kitamura S, Enomoto M, Nagase Y, Li L, Kaneita Y, Ohida T, Nishikawa T, **Uchiyama M**. Relationship between late-life depression and life stressors: large-scale cross-sectional study of a representative sample of the Japanese general population. *Psychiatry Clin Neurosci* 64:426-34, 2010.
 27. Aritake-Okada S, Higuchi S, Suzuki H, Kuriyama K, Enomoto M, Soshi T, Kitamura S, Watanabe M, Hida A, Matsuura M, **Uchiyama M**, Mishima K. Diurnal fluctuations in subjective sleep time in humans. *Neurosci Res* 68:225-231, 2010.
 28. Aritake-Okada S, Kaneita Y, **Uchiyama M**, Mishima K, Ohida T. Non-pharmacological self-management of sleep among the Japanese general population. *J Clin Sleep Med* 5:464-9, 2009.
 29. **Uchiyama M**, Lockley SW. Non-24-hour sleep-wake syndrome in sighted and blind patients. *Sleep Med Clin* 4: 195-211 2009.
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42. Enomoto M, Li L, Aritake S, Nagase Y, Kaji T, Tagaya H, Matsuura M, Kaneita Y, Ohida T, **Uchiyama M**: Restless legs syndrome and its correlation with other sleep problems in the general adult population of Japan. *Sleep and Biological Rhythms* 4: 153–159, 2006.
43. Asai T, Kaneita Y, **Uchiyama M**, Takemura S, Asai S, Yokoyama E, Miyake T, Harano S, Suzuki K, Ibuka E, Kaneko A, Tsutsui T, Ohida T: Epidemiological study of the relationship between sleep disturbances and somatic and psychological complaints among the Japanese general population. *Sleep and Biological Rhythms* 4: 55-62, 2006.
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48. Hiroki M, Uema T, Kajimura N, Ogawa K, Nishikawa M, Kato M, Watanabe T, Nakajima T, Takano H, Imabayashi E, Ohnishi T, Takayama Y, Matsuda H, **Uchiyama M**, Okawa M, Takahashi K, Fukuyama H. Cerebral White Matter Blood Flow Is Constant During Human Non-Rapid Eye Movement Sleep: A Positron Emission Tomographic Study. *J Appl Physiol* 98: 1846-1854, 2005.
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51. Suzuki H, **Uchiyama M**, Tagaya H, Ozaki A, Kuriyama K, Aritake S, Shibui K, Tan X, Kamei Y, Kuga R. Dreaming During Non-rapid Eye Movement Sleep in the Absence of Prior Rapid Eye Movement Sleep. *SLEEP* 27: 1486-1490, 2004.
52. Suzuki K, Ohida T, Kaneita Y, Yokoyama E, Miyake T, Harano S, Yagi Y, Ibuka E, Kaneko A, Tsutsui T, **Uchiyama M**: Mental health status, shift work, and occupational accidents

- among hospital nurses in Japan. *J Occup Health* 46: 448-454, 2004.
53. Masudomi I, Isse K, **Uchiyama M**, Watanabe H. Self-help groups reduce mortality risk: a 5-year follow-up study of alcoholics in the Tokyo metropolitan area. *Psychiatry Clin Neurosci* 58: 551-7, 2004.
 54. Aritake S, **Uchiyama M**, Tagaya H, Suzuki H, Kuriyama K, Ozaki A, Tan X, Shibui K, Kamei Y, Okubo Y, Takahashi K: Time estimation during nocturnal sleep in human subjects. *Neurosci Res* 49: 387-93, 2004.
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 56. Tagaya H, **Uchiyama M**, Ohida T, Kamei Y, Shibui K, Ozaki A, Tan X, Suzuki H, Aritake S, Li L, Takahashi K: Sleep habits and factors associated with short sleep duration among Japanese high-school students: A community study. *Sleep and Biological Rhythms* 2: 57-64, 2004.
 57. Kajimura N, Nishikawa M, **Uchiyama M**, Kato M, Watanabe T, Nakajima T, Hori T, Nakabayashi T, Sekimoto M, Ogawa K, Takano H, Imabayashi E, Hiroki M, Onishi T, Uema T, Takayama Y, Matsuda H, Okawa M, Takahashi K. Deactivation by benzodiazepine of the basal forebrain and amygdala in normal humans during sleep: a placebo-controlled [¹⁵O]H₂O PET study. *Am J Psychiatry*. 161: 748-51, 2004.
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 59. **Uchiyama M**, Kamei Y, Suzuki H, Tan X, Shibui K, Kim K, Tagaya H, Hayakawa T, Kudo Y, Kuriyama K, Ozaki A, Aritake S: Circadian Features of Rapid Eye Movement and Non-rapid Eye Movement Sleep Propensities in Healthy Humans. Edit. By Honma K, Honma S: *CIRCADIAN CLOCK as MULTI-OSCILLATION SYSYTEM*, Hokkaido University Press, Sapporo. pp193-202, 2003.
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 63. **Uchiyama M**, Okawa M: Dementing disorders and biological clock. *Journal of Pharmacological Sciences*, 91 (supple) 30, 2003

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90. Doi Y, Minowa M, Okawa M, **Uchiyama M**: Prevalence of sleep disturbance and hypnotic

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Invited Speakers of International Congresses or Symposia

1. **Uchiyama M:** Circadian pathology and chronobiotic treatment of chronic circadian rhythm disorders. Symposium: Symposium 3 Human Circadian Clock International Symposium on Photonic Bioimaging, Satellite Symposium of World Sleep 2011 on Human Circadian Clock: The 50th Anniversary of Temporal Isolation Study, Sapporo, Japan, 2011.10.23.
2. Konno M, **Uchiyama M** Life style and genesis of insomnia. Symposium: Impact of insomnia on human life. Worldsleap 2011, Kyoto, Japan, 2011.10.20.
3. **Uchiyama M:** Anthropology of one's sleepless nights. Luncheon Seminar. Worldsleap2011, Kyoto, Japan, 2011.10.17.
4. **Uchiyama M:** Making Japanese consensus report on the management of insomnia in general practice. Symposium: Current update on the strategy for diagnosis and treatment of chronic insomnia. Worldsleap2011, Kyoto, Japan, 2011.10.16.
5. **Uchiyama M:** Melatonin and melatonin receptor agonist in the treatment of circadian rhythm sleep disorders. Symposium: Multifacet actions of melatonin and melatonin receptor agonists on human sleep. Worldsleap2011, Kyoto, Japan, 2011.10.16.
6. **Uchiyama M:** Melatonin as a drug. Symposium on Night Darkness and Melatonin. ASRS, JSSR, JSC Joint Congress 2009, Osaka, 2009.10.26
7. **Uchiyama M:** Physiology and pathology of human circadian organization. Symposium on Circadian Organization in Humans. International Symposium on Biological Rhythm Sapporo, Japan, 2009.08.02.
8. **Uchiyama M:** Humans suffering from disorganized circadian rhythms. XXXVI International Congress of Physiological Sciences (IUPS), Whole Day Symposium: Temporal Organization of Physiology and Behavior, Kyoto Japan, 2009.7.30.
9. **Uchiyama M:** Pathophysiological and therapeutic aspects of insomnia. Luncheon Seminar, The 2nd World Congress of Chronobiology, Tokyo Japan, 2007.11.6.
10. **Uchiyama M:** Mood disturbances in patients with circadian rhythm sleep disorders. Symposium: Mood disorders and biological clock. The 2nd World Congress of Chronobiology, Tokyo Japan, 2007.11.6.
11. **Uchiyama M:** Altered circadian organization and sleep homeostasis in circadian rhythm sleep disorders. International Symposium on Chronomedicine and Biological Clocks. Founding Symposium of Department of Chronomedicine, Hokkaido University Graduate School of Medicine, Sapporo, Japan, 2006.7.9.
12. **Uchiyama M:** Abnormal circadian organization in delayed sleep phase syndrome and non-24-hour sleep-wake syndrome. Presidential symposium: Circadian rhythm sleep disorders. 17th CONGRESS OF THE EUROPEAN SLEEP RESEARCH SOCIETY, 2004. 10. 6-10, Prague, Czech Republic.
13. **Uchiyama M:** Are there cultural differences in the alertness concept? 2nd International Sleep Disorders Forum. Paris, France, 2004. 9. 10-12.
14. **Uchiyama M:** Life style of insomniacs and sleep hygiene. Symposium on Novel

treatment of sleep disorders. 4th Congress of Asian Sleep Research Society, Zhuhai, China, 2004.2.28-3.2

15. **Uchiyama M** : Sleep propensity and melatonin rhythms in delayed sleep phase syndrome and non-24-hour sleep-wake syndrome (Symposium: Circadian rhythm sleep disorders). 1st World Congress of Chronobiology, Sept. 9, 2003.
16. **Uchiyama M** : Poor sleep and rich sleep in the world. 1st World Congress of Chronobiology, Sept. 9, 2003.
17. Okawa M, Kim K, **Uchiyama M**: Sleep disturbance and somatic-psychological complaints. Symposium on Sleep disorders. XII world Congress of Psychiatry, Yokohama, 2002. 8. 24-29.
18. **Uchiyama M**: National Project on Guidelines for insomnia-Twelve dos and don'ts-. XII world Congress of Psychiatry, Yokohama, 2002. 8. 24-29.
19. **Uchiyama M**: Diagnosis and treatment of sleep disorders. Lanch-on Semminor. The 9th Congress of Asian Chapter of International College of Psychosomatic Medicine. 2000, Tokyo.
20. **Uchiyama M**: Circadian characteristics of human non-rapid eye movement sleep. The 9th Sapporo Symposium on Biological Rhythm, Sapporo, 8.27-29, 2001.
21. **Uchiyama M**: Pathophysiology of circadian rhythm sleep disorders. Neuroscience Workshop of The Netherlands National Brain Institute, 2000, Amsterdam, the Netherlands.
22. Okawa M, **Uchiyama M**: Human circadian rhythm disorders-Entrainment pathology under normal 24-hour day-night cycle. Sapporo Symposium on Biological Rhythm, Sapporo, 1999. 8. 10-12.
23. **Uchiyama M**: Circadian and homeostatic aspects of circadian rhythm sleep disorders. Symposium on Circadian rhythm Disorders. Gordon Conference on Chronobiology, 1999, Luka, Italy.
24. **Uchiyama M**, Takayama Y, Nakajima T, Kajimura N, Uchida S, Kato M, Sekimoto M, Watanabe T, Uema T, Horikoshi W, Ogawa K, Natsuda H, Nishikawa M, Hiroki M, Okawa M, Takahashi K: Regional cerebral blood flow during human REM sleep assessed by high-resolution Positron Emission Tomography. SNCC Conference, Hongo Segawa Building, Tokyo, 1999.5.30.
25. **Uchiyama M**, Mayer G, Nakajima T, Okawa M, Meier-Ewert K: NREM-REM regulation in narcoleptic patients. Symposium on Excessive daytime sleepiness. Second Congress of the Asian Sleep Research Society, 1997, Jerusalem, Israel.
26. Okawa M, **Uchiyama M**: Methylcobalamin treatment for sleep disorders. Symposium on Circadian rhythm and Vitamin B12. Second congress of the Asian sleep research society, 1997, Jerusalem, Israel.
27. **Uchiyama M**: Circadian characteristics of delayed sleep phase syndrome and non-24-hour sleep-wake syndrome. Symposium on Circadian entrainment. The 7th Sapporo Symposium on Biological Rhythm, 1997, Sapporo.

28. **Uchiyama M**: Diagnosis and treatment of Insomnia. Symposium on Insomnia. Japanese-German Symposium on Sleep-wake Disorders, 1996, Erfurt, Germany.
29. Okawa M, **Uchiyama M**, Ozaki S, Shirakawa S: Sleep-wake and body temperature rhythm sleep disorders. Symposium on Circadian disorders. Japanese-German Symposium on Sleep-wake Disorders, 1996, Erfurt, Germany.
30. **Uchiyama M**: Functional neuroanatomy of sleep: What can we see now? Third International Congress of World Federation of Sleep Research Societies, 1999, Dresden, Germany.
31. **Uchiyama M**, Okawa M: Sleep-wake rhythm disorders in teenaged students. Symposium on Adolescent crises in Asia. First Congress, Asian Society for Child and Adolescent Psychiatry and Allied Professions, 1996, Tokyo.
32. Ichikawa H, Sato T, **Uchiyama M**, Okawa M: School refusal and Circadian Sleep Disorder. Symposium on Adolescent crises in Asia. First Congress, Asian Society for Child and Adolescent Psychiatry and Allied Professions. 1996, Tokyo.
33. **Uchiyama M**: Homeostatic aspects of sleep abnormality in narcolepsy. Symposium on Pathophysiology of narcolepsy. French-German Symposium on Sleep disorders, 1995, Trier, Germany.
34. **Uchiyama M**, Mayer G, Meier-Ewert K: Differential effects of extended sleep in narcoleptic patients. Symposium on Chronobiological Aspects of Narcolepsy. 4th International Symposium on Narcolepsy, 1994, Tokyo.
35. **Uchiyama M**: Pathophysiological mechanism of sleep-wake rhythm disorders. Japanese-American International Workshop on Biological Timing System: Clinical aspects of circadian rhythm, 1993, Charroville, USA.
36. **Uchiyama M**: How can we utilize the constant routine for assessment of drug effects? Basel Chronobiology Workshop: Why constant routines are bad for you?, 1993, Basel Switzerland.
37. **Uchiyama M**, Mayer G, Meier-Ewert K: Effects of the seasons on narcoleptic symptoms. Symposium on Biological rhythm and neurological disorders. 5th Sapporo Symposium on Biological Rhythm, 1993, Sapporo.
38. **Uchiyama M**: Effect of vitamin B12 on human circadian rhythm. DRL Seminar: Chronobiological treatment, 1993, Koeln, Germany.
39. **Uchiyama M**: Effect of vitamin B12 on sleep-wake rhythm of normal subjects, Neurowissenschaftliches Kolloquium, Universitaetsklinikum Rudolf Virchow: Circadian disorders, 1993, Berlin, Germany