Stellingen

1. Chronobiology should be a mandatory topic in every high school biology class.

2. Chronotype is as bad a predictor of SCN phase as SCN phase is of the phase of peripheral rhythms.

3. Being a late or early chronotype is entirely up to you, but the amount of effort it may take to be either one is not.

4. A human tau-response curve is necessary to appropriately model entrainment of the human SCN.

5. LED screens should have more than three types of coloured LEDs, to control all biological effects of light processing by the retina.

6. Chronobiologists should use light sensors with spectral sensitivities that are in agreement with the spectral sensitivities of the photopigments present in the organism that is studied.

7. Photopic lux is not a good metric of light intensity for the nonvisual system, nor is it for the visual system.

8. In EU member states that adopt permanent daylight savings time, social jetlag will increase.