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Lighting up the clock

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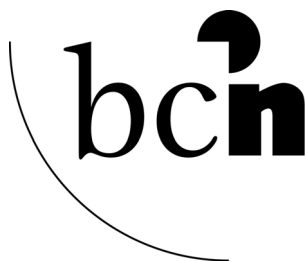
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effects of bright light on physiological
and psychological states in humans

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effects of bright light on physiological and
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Contents

Chapter 1	General introduction	1
Part I	Light stimuli of different light intensities	
Chapter 2	Acute and phase-shifting effects of ocular and extraocular light in human circadian physiology	13
Chapter 3	Blue light suppresses human sleepiness	33
Part II	Different timing of exposure to light stimuli with the same intensity	
Chapter 4	Time-of-day-dependent effects of bright light exposure on human psychophysiology: comparison of daytime and nighttime exposure	41
Chapter 5	Effects of diurnal and nocturnal bright light exposure on human performance and wake EEG	61
Part III	Different areas of exposure to light stimuli with the same intensity	
Chapter 6	Nasal versus temporal illumination of the human retina: effects on core body temperature, melatonin, and circadian phase	87
Chapter 7	Weak relationships between suppression of melatonin and the suppression of subjective sleepiness/fatigue in response to light exposure	109
Chapter 8	General discussion	125
Summary		139
Nederlandse Samenvatting		143
Deutsche Zusammenfassung		147
Acknowledgements/Dankwoord/Dankwort		151
Curriculum Vitae		155

