



**OLIVIERMAIRESSE**

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## EDUCATION

INSTITUTION(S) AND LOCATION	DEGREE(S)	YEAR(S)	FIELD(S) OF STUDY
Belgian Association of Sleep Medicine and Sleep Research, Belgium	Postgraduate - Certificaat Cognitieve Gedragstherapie voor Insomnie	2018	Clinical Sleep Medicine
Belgian Association of Sleep Medicine and Sleep Research, Belgium British Sleep Society, Great Britain Nederlandse Vereniging van Slaap en Waak Onderzoek, The Netherlands	Postgraduate - International Sleep Medicine Course	2010	Basic Sleep
Vrije Universiteit Brussel, Belgium	Postgraduate - Extracurriculaire basisopleiding in bedrijfsbeheer en ondernemen	2008	Business & Administration
Universiteit Leiden, The Netherlands Katholieke Universiteit Leuven, Belgium	Postgraduate - Numerical Techniques for Statisticians	2008	Psychometrics & Sociometrics
Universiteit Gent, Belgium	Postacademic programme in Categorical Data Analysis, UGent, 2005 (summa cum laude)	2005	Statistics
Universiteit Gent, Belgium	Postacademic programme in Linear Regression Analysis	2005	Statistics
Universiteit Gent, Belgium	Postacademic programme in Analysis of Variance	2005	Statistics
Katholieke Universiteit Leuven, Belgium	Multidisciplinary Forensic Research	2003	Forensic Research
<b>Vrije Universiteit Brussel, Belgium</b>	<b>Ph.D. in Psychological Sciences</b>	<b>2007</b>	<b>Sleep &amp; Psychometrics</b>
Vrije Universiteit Brussel, Belgium	Master in Clinical Psychology	2002	Sleep and Respiratory Medicine

## PROFESSIONAL EXPERIENCE

- **100% FTE Somnologist/Scientific Coordinator, Sleep Laboratory and Unit for Clinical Chronobiology , Brugmann Hospital (1/2013-present)**
- **10% FTE Assistant Professor "Selected Chapters in clinical behavioral neurosciences", EXTO, VUB, (11/2016-present)**
- **10% FTE Assistant Professor "Methods in clinical behavioral neurosciences",, EXTO, VUB, (2/2013-present)**
- 10% FTE Senior Research Fellow, Vital signs and performance, Royal Military Academy (1/2013-12/2017)
- 10% FTE Assistant Professor "Biologische Psychologie III, EXTO, VUB, (as of 2/2015-2016)
- 80% FTE Post-doctoral fellow, Vital signs and performance, Royal Military Academy (1/2011-1/2013)
- 35% FTE Clinical psychologist, Sleep laboratory, UZ Brussel (8/2012 - 11/2012)
- 20% FTE Post-doc fellow, MOSI-transport & Logistics, Solvay Business School, VUB (1/2011-7/2012)
- ♣100% FTE Post-doctoral fellow, MOSI-transport & Logistics, Solvay Business School, VUB (1/2008-31/12/2010)
- Ph.D. applicant, Faculty of Psychology and Educational Sciences, VUB (1/2004-12/2007)
- Assistant teacher, Faculty of Psychology and Educational Sciences, VUB (11/2002-12/2003)
- Clinical Internship, Center for Sleep and Biological Rhythms, Brugmann Hospital (08/2001-03/2002)

## SCIENTIFIC AWARDS

- André Kahn Sleep Award, 2009, Belgian Association for Sleep Research and Sleep Medicine
- Young Scientist's Award, 2004, European Sleep Research Society

## CURRENT EXTERNALLY FUNDED PROJECTS

- **FWO:** "The recruitment dynamics of cognitive control in insomnia" (Van den Bussche, E., Hughes, G. en Mairesse, O. – FWO aspirant: Charlotte Muscarella)
- **FWO-TBM:** "Cognitive behavioral therapy for insomnia in patients with chronic spinal pain: a multicenter randomized control trial" (Jo Nijs, Maarten Moens, Kelly Ickmans, Barbara Cagnie, Mira Meeus, Lieven Danneels & Mairesse, O.)
- **ESA:** "SIMSKILL: Use of a spaceflight simulator for investigation son piloting skill maintenance in long-term confinement under isolation" (Consortium: IRS, KMS, VUB).

## PHD students

1. FWO aspirante: **Charlotte Muscarella.** (Eva Van Den Bussche – Gethin Hughes – **Olivier Mairesse**)

FWOTM729: *The recruitment dynamics of cognitive control in insomnia* (1/10/14 → 30/09/16).

2. FWO aspirante: **Nele Marcoen**. (Marie Vandekerckhove – Nathalie Pattyn – **Olivier Mairesse**)  
FWOTM604: *Vulnerability to sleep loss and to changes in sleep-wake schedule: Differentiation of the contributing role of individual characteristics of the homeostatic sleep drive and the circadian rhythm* (1/10/11 → 30/09/15).
3. FNRS aspirante: **Oumaima Benkirane**. (Philippe Peigneux – **Olivier Mairesse**)  
Cognitive fatigue in obstructive sleep apnea before and after intervention: behavioral and functional brain dynamics  
(1/10/18 → ...).
4. FWO-TBM aspirante: **Eveline Van Looveren**. (Jo Nijs, Maarten Moens, Kelly Ickmans, Barbara Cagnie, Mira Meeus, Lieven Danneels – **Olivier Mairesse**)  
FWOTBM1: Cognitive behavioral therapy for insomnia in patients with chronic spinal pain: a multicenter randomized control trial  
(1/1/18 → ...).
5. FWO-TBM aspirant: **Thomas Bilterys**. (Jo Nijs, Maarten Moens, Kelly Ickmans, Barbara Cagnie, Mira Meeus, Lieven Danneels – **Olivier Mairesse**)  
FWOTBM1: Cognitive behavioral therapy for insomnia in patients with chronic spinal pain: a multicenter randomized control trial  
(1/1/18 → ...).
6. BELSPO: **Thomas Van Caelenbergh**. (Nathalie Pattyn – **Olivier Mairesse**)  
(1/10/18 → ...).

#### PEER-REVIEWED JOURNAL PUBLICATIONS

1. Putilov AA, Marcoen N, Neu D, Pattyn N, Mairesse O (2019) There is more to chronotypes than evening and morning types: Results of a large-scale community survey provide evidence for high prevalence of two further types, *Personality and Individual Differences* (28), 77-84.
2. Muscarella, C., Mairesse, O., Hughes, G., Neu, D., & Van den Bussche, E. (2019). Recruitment dynamics of cognitive control in insomnia. *Sleep* 42(5), doi: 10.1093/sleep/zsz039.
3. Mairesse O, Macdonald-Nethercott E, Neu D, Fernandez Tellez H, Dessy E, Neyt X, Meeusen R, Pattyn N. A test case for Mars: human sleep and performance during a 13 month stay in Antarctica. *Sleep*. 2018 Nov 7. doi: 10.1093/sleep/zsy206.
4. Malfliet A, Bilterys T, Van Looveren E, Meeus M, Danneels L, Ickmans K, Cagnie B, Mairesse O, Neu D, Moens M, Goubert D, Kamper SJ, Nijs J. The added value of cognitive behavioral therapy for insomnia to current best evidence physical therapy for chronic spinal pain: protocol of a randomized controlled clinical trial. *Braz J Phys Ther*. 2018 Oct 29. pii: S1413-3555(18)30804-9. doi: 10.1016/j.bjpt.2018.10.007.
5. Pattyn N, Van Cutsem J, Dessy E, Mairesse O. Bridging Exercise Science, Cognitive Psychology, and Medical Practice: Is "Cognitive Fatigue" a Remake of "The Emperor's New Clothes"? *Front Psychol*. 2018 Sep 10;9:1246. doi: 10.3389/fpsyg.2018.01246. eCollection 2018.
6. Neu D, Baniyadi N, Newell J, Styczen D, Glineur R, Mairesse O. Effect of sleep bruxism duration on perceived sleep quality in middle-aged subjects. *Eur J Oral Sci*. 2018 Oct;126(5):411-416. doi: 10.1111/eos.12564. Epub 2018 Aug 16.

7. Neu D, Nawara G, Newell J, Bouchez D, Mairesse O. First Successful Mechanical Splint for Obstructive Sleep Apnea With an Orally Administrable Pharyngeal Stenting Device. *Laryngoscope*. 2018 Aug 10. doi: 10.1002/lary.27451.
8. Newell J, Mairesse O, Neu D. Can positional therapy be simple, effective and well tolerated all together? A prospective study on treatment response and compliance in positional sleep apnea with a positioning pillow. *Sleep Breath*. 2018 Dec;22(4):1143-1151. doi: 10.1007/s11325-018-1650-6.
9. Nijs J, Mairesse O, Neu D, Leysen L, Danneels L, Cagnie B, Meeus M, Moens M, Ickmans K, Goubert D. Sleep Disturbances in Chronic Pain: Neurobiology, Assessment, and Treatment in Physical Therapist Practice. *Phys Ther*. 2018 May 1;98(5):325-335. doi: 10.1093/ptj/pzy020.
10. Oginska H, Mojsa-Kaja J, Mairesse O. Chronotype description: In search of a solid subjective amplitude scale. *Chronobiol Int*. 2017;34(10):1388-1400. doi: 10.1080/07420528.2017.1372469.
11. Mairesse O, Damen V, Newell J, Kornreich C, Verbanck P, Neu D. The Brugmann Fatigue Scale: An Analogue to the Epworth Sleepiness Scale to Measure Behavioral Rest Propensity. *Behav Sleep Med*. 2017 Oct 24;1-22. doi: 10.1080/15402002.2017.1395336.
12. Neu D, Mairesse O, Le Bon O. What about sleep homeostasis in insomnia? Comment on the European guideline for the diagnosis and treatment of insomnia. *J Sleep Res*. 2017 Dec;26(6):701. doi: 10.1111/jsr.12625.
13. Vrijkotte S, Meeusen R, Roelands B, Kubesch S, Mairesse O, de Schutter G, Pattyn N. Refining Selection for Elite Troops by Predicting Military Training Outcome. *Aerosp Med Hum Perform*. 2017 Sep 1;88(9):850-857. doi: 10.3357/AMHP.4818.2017.
14. Pattyn N, Van Puyvelde M, Fernandez-Tellez H, Roelands B, Mairesse O. From the midnight sun to the longest night: Sleep in Antarctica. *Sleep Med Rev*. 2018 Feb;37:159-172. doi: 10.1016/j.smr.2017.03.001.
15. Hardy De Buisseret FX, Mairesse O, Newell J, Verbanck P, Neu D. While Isolated Periodic Limb Movement Disorder Significantly Impacts Sleep Depth and Efficiency, Co-Morbid Restless Leg Syndrome Mainly Exacerbates Perceived Sleep Quality. *Eur Neurol*. 2017;77(5-6):272-280. doi: 10.1159/000471920.
16. Pattyn N, Mairesse O, Cortoos A, Marcoen N, Neyt X, Meeusen R. Sleep during an Antarctic summer expedition: new light on "polar insomnia". *J Appl Physiol* (1985). 2017 Apr 1;122(4):788-794. doi: 10.1152/jappphysiol.00606.2016.
17. Neu D, Balkissou AD, Mairesse O, Pefura-Yone EW, Nosedo A. Complex sleep apnea at auto-titrating CPAP initiation: prevalence, significance and predictive factors. *Clin Respir J*. 2017 Mar;11(2):200-209. doi: 10.1111/crj.12325.
18. Dessy, E, Van Puyvelde, M, Mairesse, O, Neyt, X, Pattyn, N (2017). Cognitive performance enhancement: do biofeedback and neurofeedback work. *Journal of Cognitive Enhancement*, DOI 10.1007/s41465-017-0039-y
19. Vantighem I, Marcoen N, Mairesse O, Vandekerckhove M. 2016. 'Emotion Regulation mediates the Relationship between Personality and Sleep Quality' *Psychology & Health*, 31(4) p. 1-16
20. Tellez HF, Morrison SA, Neyt X, Mairesse O, Piacentini MF, Macdonald-Nethercott E, Pangerc A, Dolenc-Groselj L, Eiken O, Pattyn N, Mekjavic I B, Meeusen R. 2016 'Exercise during Short-

Term and Long-Term Continuous Exposure to Hypoxia Exacerbates Sleep-Related Periodic Breathing' *Sleep*, 39(4), pp. 773-783.

21. Mairesse, O, Neu D. 2016, Tired of blunt tools? 'Sharpening the clinical assessment of fatigue and sleepiness'. *Psychiatry Research*, 238, pp. 100-108.

22. Marcoen N, Vandekerckhove M, Neu D, Pattyn N, Mairesse, O. 2015. Individual differences in subjective circadian flexibility. *Chronobiology International*, 32(9): pp. 1246-53.

23. Van Puyvelde, M, Loots, G, Meys, J, Neyt, X, Mairesse, O, Simcock, D & Pattyn, N 2015, 'Whose clock makes yours tick? How maternal cardiorespiratory physiology influences newborns' heart rate variability'. *Biological Psychology*, vol 108, pp. 132-141., 10.1016/j.biopsycho.2015.04.001

24. Knaepen, K, Marusic, U, Crea, S, Rodríguez Guerrero, CD, Vitiello, N, Pattyn, N, Mairesse, O, Lefeber, D & Meeusen, R 2015, 'Psychophysiological response to cognitive workload during symmetrical, asymmetrical and dual-task walking'. *Human Movement Science*, vol 40, pp. 248-263., 10.1016/j.humov.2015.01.001

25. Collet, G, Mairesse, O, Cortoos, A, Fernandez Tellez, H, Neyt, X, Peigneux, P, McDonald-Nethercott, E, Ducrot, Y & Pattyn, N 2015, 'Altitude and Seasonality Impact on Sleep in Antarctica.' *Aerospace Medicine and Human Performance*, vol 86, no. 4, pp. 392.

26. Neu, D, Mairesse, O, Newell, J, Verbanck, P, Peigneux, P & Deliens, G 2015, 'Does more sleep matter? Differential effects of NREM- and REM-dominant sleep on sleepiness and vigilance.' *Neurophysiologie Clinique/Clinical Neurophysiology*, <http://dx.doi.org/10.1016/j.neucli.2014.10.004>

27. \*Neu, D, \*Mairesse, O, Verbanck, P & Le Bon, O 2015, 'Slow wave sleep in the chronically fatigued: Power spectra distribution patterns in chronic fatigue syndrome and primary insomnia.' *Clinical Neurophysiology*, 10.1016/j.clinph.2014.12.016. \*Both authors contributed equally to this work

28. Tellez, HF, Pattyn, N, Mairesse, O, Dolenc-Groselj, L, Eiken, O, Mekjavic, IB, Migeotte, PF, Macdonald-Nethercott, E, Meeusen, R & Neyt, X 2015, 'eAMI: A Qualitative Quantification of Periodic Breathing Based on Amplitude of Oscillations' *Sleep*, vol 38, no. 3, pp. 381-389., 10.5665/sleep.4494

29. Van Lier, T, De Witte, A, Mairesse, O, Hollevoet, J, Kavadias, D & Macharis, C 2014, 'Assessing the social relevance of school transport in Flanders (Belgium)' *International Journal of Social Economics*, vol 41, no. 2, pp. 162-179.

30. Mairesse, O, Turcksin, L & Macharis, C 2014, 'A policy-based weighted averaging model to predict green vehicle market shares.' *Psicológica: International Journal of Methodology and Experimental Psychology*, no. 35, pp. 503-525.

31. Neu, D, Mairesse, O, Montana, X, Gilson, M, Corazza, F, Lefèvre, N, Linkowski, P, Le Bon, O & Verbanck, P 2014, 'Dimensions of pure chronic fatigue: psychophysical, cognitive and biological correlates in the chronic fatigue syndrome.' *European Journal of Applied Physiology*, vol 114, no. 9, pp. 1841., 10.1007/s00421-014-2910-1

32. Neu, D, Mairesse, O, Verbanck, P, Linkowski, P & Lebon, O 2014, 'Non-REM sleep EEG power distribution in fatigue and sleepiness.' *Journal of Psychosomatic Research*, vol 76, no. 4, pp. 286-291.

33. Fernandez Tellez, H, Mairesse, O, McDonald-Nethercott, E, Neyt, X, Meeusen, R & Pattyn, N 2014, 'Sleep-related Periodic Breathing Does Not Acclimatize to Chronic Hypobaric Hypoxia: A 1-

Year Study at High Altitude in Antarctica' *American Journal of Respiratory and Critical Care Medicine*, vol 190, no. 1, pp. 114-116., 10.1164/rccm.201403-0598LE

34. Mairesse, O, De Valck, E, Quanten, S, Neu, D, Cortoos, A, Pattyn, N, Theuns, P, Cluydts, R & Hofmans, J 2014, 'Sleepiness phenomics: modeling individual differences in subjective sleepiness profiles during extended wakefulness' *International Journal of Psychophysiology*, vol 93, pp. 150-161.

35. Turcksin, L., Mairesse, O. and Macharis, C. (2013). Private household demand for vehicles on alternative fuels and drive trains: A Review. *European Transport Research Review* (DOI 10.1007/s12544-013-0095-z)

36. Cortoos, A., Pattyn, N., Mairesse, O., De Valck, E. and Cluydts, R. (in press). Excitatory versus inhibitory impairments in insomnia patients: an ERP study. *International Journal of Psychophysiology*, 93(1), 62-69 (DOI: 10.1016/j.ijpsycho.2013.03.004)

37. Pattyn, N., Mairesse, O., Cortoos, A., Morais, J., Soetens, E., Roelands, B., van den Nest, A. and Kolinsky, R. (in press). Cardiac Reactivity and preserved performance under stress: two sides of the same coin? *International Journal of Psychophysiology*, 93(1), 30-37. (DOI: 10.1016/j.ijpsycho.2013.03.008).

38. Turcksin, L, Mairesse, O., Macharis, C. and Van Mierlo, J. (2013). Encouraging environmentally friendlier cars via fiscal measures: General methodology and application to Belgium. *Energies*, 6, 471-491.

39. Lebeau, K., Van Mierlo, J., Lebeau, P., Mairesse, O. and Macharis, C. (accepted). Consumer attitudes towards battery electric vehicles: a large scale survey. *International Journal of Electric and Hybrid Vehicles*

40. Van Raemdonck, K. Macharis, C. and Mairesse, O. (2013). Risk analysis for the transport of hazardous materials. *Journal of Safety Research*, 45, 55-63.

41. Newell, J., Mairesse, O., Verbanck, P. and Neu, D. (2012). Is a one-night stay in the lab really enough to conclude? First-night effect and night-to-night variability in polysomnographic recordings among different clinical population samples. *Psychiatry Research*, 200 (2-3), 795-801.

42. Mairesse, O. Neu, D., Migeotte, P.F., Pattyn, N., Hofmans, J., Theuns, P., Cluydts, R. and De Valck, E. (2012). Judgment of daytime sleepiness in self-reported short, long and midrange sleepers. *Psicológica: International Journal of Methodology and Experimental Psychology*, 33, 609-630.

43. Le Bon, O., Neu, D., Berquin, Y., Lanquart, J.-P., Hoffmann, R., Mairesse, O. and Armitage, R. (2012). Ultra-Slow delta power in chronic fatigue syndrome. *Psychiatry Research*, 200(2-3), 742-747.

44. Lebeau, K., Van Mierlo, J., Lebeau, P., Mairesse, O. & Macharis, C. (2012). The market potential for (plug-in hybrid) electric vehicles in Flanders: a choice-based conjoint analysis. *Transportation Research Part D: Transport and Environment*, 17(8), 592-597.

45. Macharis, C., Van Raemdonck, K., Hintsaj, J. and Mairesse, O. (2012). Multi-modal Analysis Framework for Hazmat Transports and Security. pp.135-162. In Reniers, G. and Zampani, L. (Eds.), *Security Aspects of Uni- and Multi-modal Hazmat Transportation Systems*, First Edition. Wiley-VCH Verlag GmbH & Co.

46. Mairesse, O., Macharis, C., Lebeau, K. and Turcksin, L. (2012). Understanding the attitude-action gap: functional integration of environmental aspects in car purchase intentions. *Psicológica: International Journal of Methodology and Experimental Psychology*, 33, 547-574.

47. Tiotiu, A., Mairesse, O., Hoffmann, G., Todea, D. and Nosedá, A. (2011). Body position and breathing abnormalities during sleep: a systematic study. *Pneumologia*, 60, 4, 216-221.
48. Neu, D., Mairesse, O., Hoffmann, G., Vlasamis, J.-B., Verbanck, P., Linkowski, P. and Le Bon, O. (2010). Do 'sleepy' and 'tired' go together? Rasch analysis of the relationships between sleepiness, fatigue and non-restorative sleep complaints in a non-clinical population sample. *Neuroepidemiology*, 35, 1-11.
49. Mairesse, O., Hofmans, J., Neu, D., de Olivera, A., Theuns, P. and Cluydts, R. (2010). The algebra of sleepiness: investigating the interaction of homeostatic (S) and circadian (C) processes in sleepiness using linear metrics. *Psicológica: International Journal of Methodology and Experimental Psychology*, 31, 541-559.
50. Brengman, M., Wauters, B., Macharis, C. and Mairesse, O. (2010). Functional effectiveness of threat appeals in exercise promotion messages. *Psicológica: International Journal of Methodology and Experimental Psychology*, 31, 577-604.
51. Hofmans, J., Mairesse, O. and Theuns, P. (accepted). Psychological Measurement: A Functional Theory of Cognition Approach. In: E. Mullet, J. Shanteau, P. Theuns and F. Wilkening (Eds.), *Daily Life Psychology: A Functional Theory of Cognition Approach*, Volume I. Paris: PubliBook.
52. Theuns, P., Verresen, N., Mairesse, O., Goossens, R., Michiels, L., Peeters, E. and Wastiau, M. (2010). An experimental approach to the joint effects of relations with partner, friends and parents on happiness. *Psicológica: International Journal of Methodology and Experimental Psychology*, 31, 629-645.
53. Mairesse, O., Neu, D., Rosseel, Y., Van Acker, F., Cluydts, R. and Theuns, P. (2009). Comparative sensitivity of outcome variables of a software-based Behavioral Sleep Resistance Task. *Industrial Health*, 47, 1, 80-88.
54. De Witte, A., Macharis, C. and Mairesse, O. (2008). How persuasive is free public transport? A survey among commuters in the Brussels Capital Region. *Transport Policy*, 15, 216.
55. Mairesse, O., Hofmans, J. and Theuns, P. (2008) The functional measurement experiment builder suite: JAVA-based programs to generate and run functional measurement experiments. *Behavior Research Methods*, 40 (2) 408-412.
56. Mairesse, O., Hofmans, J., De Valck, E., Cluydts, R., and Theuns, P. (2007). On the linearity of subjective sleepiness measures. *Teorie & Modelli*, 12, 289-298.
57. Neu, D., Mairesse, O., Hoffmann, G., Amirouche, D., Lambrecht, L.J., Linkowski, P., Verbanck, P and Le Bon, O. (2007) Sleep quality perception in the chronic fatigue syndrome. Correlations with sleep efficiency, affective symptoms and intensity of fatigue. *Neuropsychobiology*, 56, 40-46.
58. Hofmans, J., Mairesse, O., and Theuns, P. (2007). An alternative for prescribed integration rules in testing the linearity of a response measure. *Teorie & Modelli*, 12, 259-268.
59. Van Acker, F., Theuns, P., Hofmans, J., and Mairesse, O. (2007). Test of the effect of scale labels on response linearity. *Teorie & Modelli*, 12, 269-276.
60. Hofmans, J., Theuns, P., Baekelandt, S., Mairesse, O., Schillewaert, N., and Cools, W. (2007). Bias and changes in perceived intensity of verbal qualifiers effected by scale orientation. *Survey Research Methods*, 1 (2), 97-108.

61. Hofmans, J., Theuns, P., and Mairesse, O. (2007). On the impact of the number of response categories on linearity and sensitivity of 'Self Anchoring Scales'. A Functional Measurement approach. *Methodology*, 3 (4), 160-169.