

## CURRICUM VITAE OF PD DR MED. STEFAN COHRS

**Name:** Stefan Cohrs  
**Date of Birth:** 23.03.1965  
**Born in:** Zeven

Name	PD Dr. med. Stefan Cohrs
Address	Department of Sleep Medicine, Department of Psychiatry and Psychotherapy, Charité, PUK im SHK, St. Hedwig Klinik, Große Hamburger Straße 5-11, 10115 Berlin
June 1984	Zeugnis über die Allgemeine Hochschulreife (Highschool-diploma)
April 85- Oct.93	Medical school at the University of Göttingen, including eight months of rotations at the Medical School of the University of California at Davis and at Oakland Highland Hospital during my last year of medical school
Aug 91- May 92	University of California at Berkeley, Department of Psychology
May 92- Oct 92	Research-assistant at Stanford University Medical School, Sleep Disorders Clinic and Research Center, Palo Alto, California, USA
Nov 93- April 94	AIP (Junior House Officer) at the Paracelsus Roswitha-Klinik, Bad Gandersheim in the Department of Psychosomatic Medicine. Head: Dr. med Jacobi
May 94- April 95	AIP (Junior House Officer) at the Georg-August University Göttingen in the Department of Psychiatry. Head: Prof. Dr. E. Rüther
May 95	Assistent (Resident) at the Georg-August University Göttingen in the Department of Psychiatry. Head: Prof. Dr. E. Rüther
Jan 1998	Medical Dissertation at the Georg-August University Göttingen
Since June 2001	Research fellow at the Georg-August University Göttingen in the Department of Psychiatry. Head: Prof. Dr. E. Rüther
Since June 2002	Medical Vice Director of the Sleep Laboratory of the Department of Psychiatry at the Georg-August University Göttingen Head: Prof. Dr. E. Rüther
April 2004	Board Certification as Psychiatrist
Since Oct 2004	Senior Psychiatrist and Medical Director of the Sleep Laboratory of the Department of Psychiatry at the Georg-August University
Nov 2005	Habilitation at the Faculty of Medicine, Lecturer for Psychiatry
Dec 2005 – June 2007	Senior Psychiatrist for the ward specialized in Psychosis Management and Social Psychiatry at the Department of Psychiatry at the Georg-August University
2007	Board Certification as Specialist in Sleep Medicine
Since August 2007-	Senior Psychiatrist and Medical Director of the Sleep Laboratory of the Department of Psychiatry and Psychotherapy PUK Charité im SHK, Große Hamburger Straße 5-11, 10115 Berlin

**Scientific interests:**

Pathophysiology and Treatment of Insomnia, Restless Legs Syndrome Psychopharmacology including effects of medication on sleep, addiction and sleep, sleep and affective disorders, epidemiology of sleep in children and adolescents, clinical sleep medicine.

**Grants:**

DFG (250.000 €) SPP 1226 Molekulare und physiologische Nikotin-Effekte: „Nikotin: Schlaf und Neuroendokrinologie“ (RO 3479/1-1) Sommer 06 – Sommer 09

**Clinical Studies:**

Coordination, planning and participation in/of more than 15 clinical studies (phase II – IV) including position as principle investigator for Insomnia, Major Depression, Bipolar Disorder, Schizophrenia.

**Teaching:**

Since 1994 teaching courses in psychiatry including lectures on sleep, differential diagnosis of psychiatric disorders, psychopharmacology, depression, suicidality, neurophysiological methods.

**Awards:**

Poster-Award of the Deutsche Gesellschaft für Schlafforschung und Schlafmedizin (German Society for Science in sleep and Sleep medicine) (2000)

**Member of Scientific Societies**

Deutsche Gesellschaft für Schlafforschung und Schlafmedizin (DGSM)

2. Speaker Working Group: Insomnia

European Sleep Research Society (ESRS)

Working Group Transcranial Magnetic Stimulation in Psychiatry

**Further activities:**

Reviewer for several peer-reviewed journals including. Journal of Clinical Psychiatry, Somnologie, European Archives of Psychiatry and Clinical Neuroscience, Psychiatry Research, Progress in Neuro-Psychopharmacology & Biological Psychiatry, Schizophrenia research.

Examiner for psychiatry and medical dissertations

**Publications:****1. Original Papers**

- 1 Stoohs RA, Gingold J, **Cohrs S**, Harter R, Finlayson E, Guilleminault C (1996): Sleep-disordered breathing and systemic hypertension in the older male. *J Am Geriatr Soc* 44, 1295-1300
- 2 **Cohrs S**, Herrendorf G, Wiltfang J, Rodenbeck A, Kinkelbur J, Adler L, Hajak G (1996): Funktionelle Palatoraphie und modifizierte Genioplastik bei obstruktiver Schlafapnoe. *Wien med Wschr* 13/14, 366-368

- 3 Wiltfang J, Merten H-J, Engelke W, **Cohrs S**, Hajak G, Rütther E (1996): Die funktionelle Palatoraphie und eine modifizierte Kinnosteomie in der operativen Therapie schlafbezogener Atmungsstörungen (SBAS) mit Obstruktion der oberen Atemwege. *Wien med Wschr* 13/14, 363-365
- 4 Wiltfang J, Klotz S, Jordan W, **Cohrs S**, Engelke W, Ludwig A, Hajak G (1997): Erste Ergebnisse zum Training der suprahyoidalen Muskulatur bei Probanden und einem Patienten mit obstruktiver Schlafapnoe. *Somnologie* 1, 160-164
- 5 **Cohrs S**, Herrendorf G, Kinkelbur J, Titkemeyer M, Hajak G (1998): Validierung eines ambulanten Screening-Gerätes für schlafbezogene Atmungsstörungen. *Somnologie* 2, 8-13
- 6 **Cohrs S**, Tergau F, Riech S, Kastner S, Paulus W, Ziemann U, Rütther E, Hajak G (1998) High-frequency repetitive transcranial magnetic stimulation delays rapid eye movement sleep. *NeuroReport* 9, 3439-3443
- 7 Rodenbeck A, Simen S, **Cohrs S**, Jordan W, Kinkelbur J, Staedt J, Hajak G (1998): Veränderte Schlafstadienstruktur als Hinweis auf die GABAerge Wirkung eines Baldrian-Hopfen Präparates bei Patienten mit psychophysiologischer Insomnie. *Somnologie* 2, 26-31
- 8 Wiltfang J, Klotz S, Wiltfang J, Jordan W, **Cohrs S**, Engelke W, Hajak G (1999): First results on daytime submandibular electrostimulation (dSE) of suprahyoidal muscles to prevent nighttime hypopharyngeal collapse in obstructive sleep apnea syndrome. *Int J Oral Max Surg* 28, 21-25
- 9 Bleich S, Degner D, Wiltfang J, Maler JM, Niedmann P, **Cohrs S**, Mangholz A, Porzig J, Sprung R, Rütther E, Kornhuber J (2000): Elevated homocysteine levels in alcohol withdrawal. *Alcohol & Alcoholism* 35, 351-354
- 10 Rodenbeck A, Rütther E, **Cohrs S**, Hajak G (2000): Quantifizierte Arousal-Analyse bei Patienten mit einer psychophysiologischen Insomnie. *Somnologie* 4, 55-60
- 11 **Cohrs S**, Rasch T, Altmeyer S, Kinkelbur J, Kostanecka T, Rothenberger A, Rütther E, Hajak G (2001): Decreased sleep quality and increased movement frequency in patients with Tourette´s syndrome. *J Neurol Neurosurg Psychiatry*: 70, 192-197
- 12 **Cohrs S**, Tergau F, Korn J, Becker W, Hajak G (2001): Suprathreshold repetitive transcranial magnetic stimulation elevates thyroid-stimulating hormone in healthy male subjects. *J Nerv Ment Dis* 189, 393-397
- 13 Hajak G, Rodenbeck A, Voderholzer U, Riemann D, **Cohrs S**, Hohagen F, Berger M, Rütther E (2001): Doxepin in the treatment of primary insomnia – a placebo-controlled, double – blind study. *J Clin Psychiatry*: 62, 453-463
- 14 Rodenbeck A, **Cohrs S**, Jordan W, Wortelboer, Rütther E (2001): Zusammenhang zwischen Schlafqualität, Morgen- und Tagesbefindlichkeit bei schlafgestörten Patienten. *Somnologie* 5, 129-133

- 15 Riemann D, Voderholzer U, **Cohrs S**, Rodenbeck A, Hajak G, Rütger E, Wiegand M.-H, Laakmann G, Baghai T, Fischer W, Hoffmann M, Hohagen F, Mayer G, Berger M (2002): Trimipramine in primary insomnia: results of a polysomnographic double-blind controlled study. *Pharmacopsychiatry* 35, 164-174
- 16 Kostanecka-Endress T, Banaschewski T, Kinkelbur J, Wüllner I, Lichtblau S, **Cohrs S**, Rütger E, Woerner W, Hajak G, Rothenberger A (2003): Disturbed sleep in children with Tourette syndrome: a polysomnographic study. *J Psychosom Res* 55, 23-29
- 17 Rodenbeck A, **Cohrs S**, Jordan W, Hüther G, Rütger E, Hajak G (2003): The sleep improving effects of doxepin are paralleled by a normalized plasma cortisol secretion in primary insomnia. A placebo-controlled, double-blind, randomized, cross-over study followed by an open treatment over three weeks. *Psychopharmacology* 170, 423-428
- 18 **Cohrs S**, Guan Z, Pohlmann K, Jordan W, Pilz J, Rütger E, Rodenbeck A (2004): Nocturnal urinary dopamine excretion is reduced in otherwise healthy subjects with periodic leg movements in sleep. *Neurosci Lett.* 360, 161-164
- 19 **Cohrs S**, Pohlmann K, Guan Z, Jordan W, Meier A, Hüther G, Rütger E, Rodenbeck A (2003): Quetiapine reduces nocturnal urinary cortisol excretion in healthy subjects. *Psychopharmacology* 174 (3): 414-420
- 20 **Cohrs S**, Rodenbeck A, Guan Z, Pohlmann K, Jordan W, Meier A, Rütger (2004): Sleep-promoting properties of quetiapine in healthy subjects. *Psychopharmacology* 174(3): 421-429
- 21 Jordan W, Berger C, **Cohrs S**, Rodenbeck A, Mayer G, Niedmann PD, von Ahsen N, Rütger E, Kornhuber J, Bleich S. (2004): CPAP-Therapy effectively lowers serum homocysteine in obstructive sleep apnea syndrome. *J Neural Transmission* 111, 683-689
- 22 Jordan W, Tumani H, **Cohrs S**, Eggert E, Rodenbeck A, Brunner E, Rütger E, Hajak G (2004) Prostaglandin-D-synthase (beta-trace) in healthy human sleep. *Sleep* 27, 867-874
- 23 Kirov R, Kinkelbur J, Heipke S, Kostanecka-Endress T, Westhoff M, **Cohrs S**, Rütger E, Hajak G, Banaschewski T, Rothenberger A (2004): Is there a specific polysomnographic sleep pattern in children with attention deficit/hyperactivity disorder? *J Sleep Res* 13, 87-93
- 24 **Cohrs S**, Meier A, Neumann AC, Rütger E, Rodenbeck A (2005) Improved sleep continuity and increased slow wave sleep and REM latency during ziprasidone treatment: a randomized, controlled, crossover trial of 12 healthy male subjects. *J Clin Psychiatry* 66, 989-96
- 25 Jordan W, Reinbacher A, **Cohrs S**, Grunewald RW, Mayer G, Rütger E, Rodenbeck A (2005) Obstructive sleep apnea: Plasma endothelin-1 precursor but not endothelin-1 levels are elevated and decline with nasal continuous positive airway pressure. *Peptides* 26, 1654-60
- 26 Meier A, Neumann AC, Jordan W, Huether G, Rodenbeck A, Rütger E, **Cohrs S** (2005) Ziprasidon decreases cortisol excretion in healthy subjects. *Br J Clin Pharmacol* 60, 330-6

- 27 Meier A Mollenhauer B, **Cohrs S**, Rodenbeck A, Jordan W, Meller J, Otto M (2005) Normal hypocretin-1 (orexin-A) levels in the cerebrospinal fluid of patients with Huntington's disease. *Brain-Res.* 1063: 201-3
- 28 Jordan W, Tumani H, **Cohrs S**, Rodenbeck A, Rütger E, Bechthold J, Mayer G (2005) Narcolepsy increased L-PGDS (beta-trace) levels correlate with excessive daytime sleepiness but not with cataplexy. 252: 1372-8
- 29 **Cohrs S**, Röher C, Jordan W, Meier A, Huether G, Wuttke W, Rütger E, Rodenbeck A (2006) The atypical antipsychotics olanzapine and quetiapine, but not haloperidol, reduce ACTH and cortisol secretion in healthy human subjects. *Psychopharmacology* 185, 11-8
- 30 Jordan W, **Cohrs S**, Degner D, Meier A, Rodenbeck A, Mayer G, Pilz J, Rütger E, Kornhuber J, Bleich S (2006) Evaluation of oxidative stress measurements in obstructive sleep apnea syndrome. *J Neurol Transmission* 113: 239 - 254
- 31 Schmidt H, **Cohrs S**, Heinemann T, Goerdts C, Djukic M, Heimann B, Wallesch CW, Nau R (2006) Sleep disorders are long-term sequelae of both bacterial and viral meningitis. *J Neurol Neurosurg & Psychiatry* 77: 554-558
- 32 Wedekind D, Preiss B, **Cohrs S**, Ruether E, Huether G, Adler L (2008) Relationship between nocturnal urinary cortisol excretion and symptom severity in subgroups of patients with depressive episodes. *Neuropsychobiology* 56:119-22

## 2. Review articles

- 1 **Cohrs S**, Hajak G (1999): Differentialtherapie der Insomnie. *Psycho* 7, 430-438
- 2 Hajak G, **Cohrs S**, Tergau F, Paulus W, Ziemann U, Rütger E (1999): Sleep and rTMS. Investigating the link between transcranial magnetic stimulation, sleep, and depression. *EEG Suppl.* 51, 315-321
- 3 **Cohrs S**, Hajak G (2000): Restless legs und periodische Bewegungen. Gestörter Schlaf durch ruhelose Beine. *Der Hausarzt* 10, 50-52
- 4 Hajak G, **Cohrs S** (2000): Schlafmittel zur Insomniebehandlung. *Der Hausarzt* 2, 40-42
- 5 **Cohrs S**, Hajak G (2003): Der Einfluss repetitiver transkranieller Magnetstimulation auf die Stimmung gesunder Probanden. *Nervenheilkunde* 22, 341-345
- 6 Wortelboer U, **Cohrs S**, Rodenbeck A, Rütger E (2002): Tolerability of hypnotics in older patients. *Drugs Aging* 19, 529-539
- 7 Hajak G, Padberg F, Herwig U, Eschweiler GW, **Cohrs S**, Langguth B, Schönfeldt-Lecuona C, Fallgatter AJ, Höppner J, Plewina C, Eichhammer P (2005): Repetitive Transkranielle Magnetstimulation. Konsensus zum therapeutischen Einsatz bei psychiatrischen Erkrankungen. *Nervenheilkunde* 24, 48-58
- 8 **Cohrs S** (2008): Sleep Disturbances in Patients with Schizophrenia:

- Impact and Effect of Antipsychotics. *CNS Drugs*. *CNS Drugs* 22, 939-962.
- 9 Rodenbeck A, **Cohrs S** (2008): Psychoneuroendokrinologie der Insomnie - Der Circulus vitiosus der psychophysiologischen Insomnie auf psychologischer, elektrophysiologischer und endokriner Ebene. *psychoneuro* 34, 63-68
  - 10 **Cohrs S**, Rodenbeck A, Hornyak M, Kunz D (2008): Restless legs syndrom, periodische Gliedmaßenbewegungen im Schlaf und Psychopharmakologie. *Nervenarzt*. 2008 79, 1263-72

### 3. Book articles

- 1 Hüther G, Rodenbeck A, **Cohrs S** (2001): Der Traum vom stressfreien Leben. DGPA (Hrsg) *Träume*, VIP Verlag, Innsbruck, Wien, S: 397-404
- 2 Rothenberger A, Kostanecka T, Kinkelbur J, **Cohrs S**, Woerner W, Hajak G (2001): Sleep and Touretts' s-Syndrome. In: Cohen D, Jankovic J (eds.) *Advances in Neurology, Series*, Raven, New York, 85: 245-59
- 3 **Cohrs S**, Tergau F (2005): Transcranial magnetic stimulation in sleep and sleep-related disorders. In: Hallett M, Chokrouverty S (eds.) *Magnetic stimulation in clinical neurophysiology*, Elsevier Butterworth-Heinemann, Amsterdam: Chapter 29
- 4 Cohrs S (2007). Benzodiazepine. In: Peter, Penzel, Peter (Hrsg.) *Enzyklopädie der Schlafmedizin*, Springer, Heidelberg, S: 152-159.
- 5 Cohrs S (2007). Hypnotika. In: Peter, Penzel, Peter (Hrsg.) *Enzyklopädie der Schlafmedizin*, Springer, Heidelberg, S: 535- 537.
- 6 Cohrs S (2007). Non-Bentodiazepin-Hypnotika. In: Peter, Penzel, Peter (Hrsg.) *Enzyklopädie der Schlafmedizin*, Springer, Heidelberg, S: 842 - 845.