

Curriculum Vitae

Henry W. Lahmeyer M.D.

- Clinical Professor of Psychiatry
- Chicago Medical School

Place of Birth: Arkansas

Citizenship: United States of America

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Recent presentations and research

1. Neurobiology of Post-traumatic stress disorder presented at the National Association of Social Workers Meeting September 15, 2002, Springfield Illinois.
2. Psychopharmacology of Sleep Disorders in Sleep Psychiatry eds Alexander Golbin, and Howard Kravitz, Plenum Press, New York in press.
3. Efficacy of Sertraline and Venlafaxine in the treatment of Post-traumatic stress disorder. A total of four research projects starting in 1998 ending 2003.
4. The efficacy of Bupropion in the prevention of Seasonal Affective Disorder. 2002-2003.
5. Treatment resistant depression and the use of nor-adrenergic drugs including Venlafaxine. Presented to Physicians Associates of Libertyville, September 10,2002.

6. The use of Citralopam.

Current Status

1. Clinical Professor of Psychiatry and Behavioral Sciences. The Chicago Medical School, North Chicago, IL
2. Private Practice - Northfield, IL

Board Certification

1. 1977 Fellow, American Board of Psychiatry and Neurology
2. 1984 Clinical Polysomnography (Sleep Disorders)
3. 1987 Fellow American Board of Sleep Medicine
4. 1991 American Board of Sleep Medicine
5. 1998 American Board of Psychiatry and Neurology - Forensic Psychiatry

Licensure

1. 1974 Illinois #36-50377
2. 1975 California #G40105

Education

1. B.A., Chemistry, Minor: Mathematics, Central Methodist College, Fayette, MO., 1969.
2. M.D., Honors Psychiatry and Medicine, University of Missouri, School of Medicine, Columbia, MO, 1973.
3. Adult Psychiatry Residency, University of Chicago, 1973-1975.
4. Child Psychiatry Fellowship, University of Chicago, 1975-1976.
5. MacArthur Foundation Fellowship and Sabbatical, University of Pittsburgh.
6. NIMH Fellowship. University of Edinburgh, Scotland: Behavioral Treatment of Phobia and Sleep Disorders and Maudsley Hospital, London, England: Neuropsychiatry, 1973.
7. NASA Fellowship. Colorado State University, 1972 - Mechanism of Demineralization of Bones in Weightlessness.
8. NSF Fellow/ship. 1967-1973 with C.A. Ghiron, University of Missouri - Mechanism of Action of High Energy Radiation in Inactivation of Enzymes.
9. Polysomnography training with Steven Weber, Ph.D., Rush-Presbyterian-St. Lukes, Medical Center, Chicago, IL, 1980-1981.

Professional Experience

1. 1992-1994, Professor of Psychiatry, Northwestern University, Chicago, Illinois.
2. 1989-1992, Professor of Psychiatry, Department of Psychiatry, University of Illinois at Chicago College of Medicine.
3. 1983-1989, Associate Professor of Psychiatry, University of Illinois at Chicago College of Medicine, Chicago, Illinois.
4. 1976-1983, Assistant Professor of Psychiatry, University of Illinois at Chicago, Chicago, Illinois.
5. 1994-1996, Professor of Clinical Psychiatry, Northwestern University, Chicago, Illinois.
6. 1997- November to present. Clinical Professor of Psychiatry and Behavioral Sciences, The Chicago Medical School, North Chicago, IL.
7. 1976-1980, Drug Abuse Unit Consultant, West Side Veterans' Admin. Hospital, Chicago, Illinois.
8. 1978-1979, Chief, Inpatient Psychiatry, University of Illinois at Chicago, Chicago, Illinois.
9. 1976-1979, Chief, Inpatient Psychiatry, West Side Veterans Administration Hospital and the University of Illinois.
10. 1979-1990, Director, Consult-Liaison Service, University of Illinois at Chicago, Chicago, Illinois.
11. 1982-1992, Director, Sleep Disorders Clinic, University of Illinois at Chicago, Chicago, Illinois.
12. 1979-1990, Lecturer, Department of Psychology, University of Illinois at Chicago, Chicago, IL.
13. 1979-1994, Examiner, American Board of Psychiatry and Neurology.
14. 1989-1992, Forensic Psychiatric Consultant, Cavanaugh and Associates, Chicago, Illinois.
15. 1992-1994, Co-Director, Sleep Disorders Center, Northwestern University, Chicago, Illinois.

16. 1992-1994, Member Section of Psychiatry and the Law, Northwestern University, Chicago, IL.

17. 1992-1994, Director of Consultation Service Northwestern University.

18. 1998-1999, Medical Director Sexually Violent Persons Program (SVPP) - Sheridan Correctional Center, Sheridan, IL

Forensic Experience

1. Over 150 criminal trials for the defense and prosecution on issues of competency to waive Miranda Rights, competency to stand trial, legal insanity, sexually violent offenders, mitigation of sentence because of brain damage, intoxication.

2. Over 300 civil depositions and trials - including issues of Psychiatric damages in case of Post- Traumatic Stress Disorder, Closed Head Injury, sexual harassment, wrongful discharge, rape, medical practice, etc.

3. Conducted Independent Medical Examinations for Insurance Companies.

4. Numerous Independent Medical Examinations and Depositions involving workman's compensation.

5. Testified in Federal Court on issues of specific intent to defraud the IRS.

Grants

1. Norval Pierce Award for the Study of Sleep in Depressed Adolescents, 1982. Principle Investigator. – Randomized Fifteen – Completed Twelve.

2. University of Illinois at Chicago Campus Research Board Award for the Study of Delta Sleep Periodicity in Depression, 1983. Principle Investigator. – Randomized Fourteen – Completed Thirteen

3. University of Illinois at Chicago Campus Research Board Award for the Study of Sleep in Borderline Personality Disorder, 1984. Principle Investigator. – Randomized Twenty-Four – Completed Twenty-Three.

4. A Comparative Study of the Side-Effect Profile of Estazolam, Flurazepam, Tamazepam, Triazolam, and Placebo, in Adult Patient Complaining of Insomnia, Sponsored by Abbott Laboratory, 1986. Principle Investigator. – Randomized Forty-Eight – Completed Forty-Five.

5. Corticosteroids and Circadian Rhythms in Affective Illness. University of Illinois at Chicago Campus Research Board Award, 1986. Principle Investigator. - Randomized Twelve – Completed Ten.

6. Veterans' Administration Grant (#1798-006), Biochemical Pharmacology of Ethanol Withdrawal and Treatment Strategies, Co-investigator, Frank DeLeon-James, 1984-1987. Co-Investigator.

7. MacArthur Fellowship University of Pittsburgh to Study Circumannual Patterns of Depression, 1986. Twenty Randomized – Sixteen Completes.

8. MacArthur Foundation: Psychobiology of Depression Supported by Illinois State Psychiatric Institute, 1985-1987. Sleep Studies in: a. Seasonal affective disorders. b. Sleep during unilateral and bilateral ECT-Recruited Ten – Completes Ten c. Sleep in patients receiving either S-adenosyl methionine or desipramine.-Recruited Eighteen – Completes Sixteen.

9. Mechanisms of Antidepressant Effects of Bright Lights. PHS Grant #MH 42768-02, 1987 -1990. Henry W. Lahmeyer CV, 03/04 4
Co-Principle Investigator- Randomized Eighteen – Completes Eighteen.

10. Double-blind, Placebo-controlled Fixed Dose Study of Alpidem in Patients with Generalized Anxiety Disorder. Protocol #LXT03. Sponsored by Lorex Pharmaceuticals, 1987. Principle Investigator. – Randomized Ten – Completed Seven.

11. Effects of Alcohol on Patients with Sleep Apnea. University of Illinois Campus Research Board Award, 1987. Co-Principle Investigator. – Randomized Thirteen – Completed Eleven.

12. The Effect of Zolpidem in Outpatients with Chronic Insomnia. Protocol #LSH19, Lorex Pharmaceuticals, 1987. Principle Investigator.-Randomized forty five – Completed. Forty

13. Efficacy and Safety of Deracyn-SR Tablets in Panic Disorder with Agoraphobia. Contract #IND12, 039, Upjohn Company, 1989. Principle Investigator. – Randomized Eight – Completed Seven.

14. Flexible Dose Comparison of the Efficacy and Safety of Deracyn-SR Tablets and place in Depressed Patients. Protocol #M/2300/0078, Upjohn Company, 1989. Principle Investigator- Randomized Six – Completed Five.

15. Does Change in Sleep Architecture Response to Fluoxetine, Eli Lilly, Co-Principle Investigator. - Randomized Eighty – Completes Sixty-Nine.1991.

16. Amesergide/Fluoxetine/Placebo in the treatment of Major Depressive Disorder. Ely Lilly (F2P-MC-HLAB), Co-Principle Investigator. – Randomized Fifteen-Completed Eleven. 1992.

17. A Phase III, 28 day Multicenter, Randomized, Double-Blind Comparative, and Placebo Controlled, Parallel, Group Safety, Tolerance, and Efficacy Study of 5, 10, and 20 mg of CL 284,846 (zelaplon) with 10 mg of Zolpidem or Placebo in Adult Outpatients. Lederle Laboratories,. Principle Investigator.-Recruited Thirty-Two-Completes Twenty-Nine.1998.
18. Pfizer, Inc. - 12 week double blind study of sertraline in outpatients with PTSD. Principle Investigator.-Randomized Twenty-Six-Completed Twenty One. 1997.
19. Pfizer, Inc. - 24 week open label, flexible dose efficacy study of Sertraline 50-250 mg vs. placebo in outpatients with PTSD. Principle Investigator.-Randomized Twenty – Completed Nineteen.1998.
20. Pfizer, Inc. "Relapse prevention in PTSD" 50 week double blind study of Sertraline Vs. Placebo. Principle Investigator.-Randomized Twelve – Completed Twelve.1998
21. Summer/Winter Changes in the Psychophysiology of Seasonal Affective Disorder. University of Illinois at Chicago Campus Research Board Award, 1998. Principle Investigator. - Randomized Twenty-Six – Completed Twenty-Five.
22. A Double-Blind, Randomized, Placebo-Controlled 3-Month Clinical Trial of Venlafaxine ER and Sertraline in the Treatment of Posttraumatic Stress Disorder. Wyeth-Ayerst Protocol # 0600B- 100735 – Randomized Twenty-Six – Completed Twenty-Five.1999.
- 23 A six month open label study of the efficacy study of Venlafaxine for the treatment of Post –Traumatic Stress Disorder. Randomized twenty, completed seventeen. 1999-2000
24. Long-Term Intermittent Treatment with Zolpidem 10 mg of Adult Patients with Primary Insomnia. Protocol # LSH 71. Sponsored by Lorex Pharmaceuticals, 2000. Principle Investigator.- Randomized Thirty-Four – Completed Thirty-One.
25. A 7-Month, Multi-Center, Randomized, Double-Blind, Placebo-Controlled Comparison of 150-300 mg/day of Extended-Release Bupropion Hydrochloride and Placebo for the Prevention of Seasonal Affective Disorder in Subjects with a History of Seasonal Affective Disorder. GlaxoSmithKline Protocol # AK130936 – Randomized Fifteen – Completed Fourteen.2002
26. A 7- month Multi-Center, Randomized, Double-Blind, Placebo-Controlled Comparison of 150-300mg/day of Extended-Release Bupropion-Hydrochloride and Placebo for the Prevention of Seasonal Depressive Episodes in Subjects with a History of Seasonal Affective Disorder Followed by an 8-week Observational Follow-up Phase. Protocol #100006 Glaxo Smith Kline, 2002
Henry W. Lahmeyer CV, 03/04 5
Randomized Thirteen – Completed Eleven.

27. A Phase III, Randomized, Double-Blind, Placebo-Controlled, Outpatient, Safety and Efficacy Study of TAK-375 In Elderly Subjects with Chronic Insomnia. Covance Central Laboratory, Inc. Protocol # 01-02-TL-375-025 – Randomized Seven – Completed Four.2003.

28. A 12-Week, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group, Flexible-Dosage Study to Evaluate the Efficacy and Safety of GABITRIL®, at Dosages up to 16mg/day, in the Treatment of Chronic Post-Traumatic Stress Disorder in Adults.” Cephalon, Inc. Protocol # C6671a/205/PT/US Version 1.2 Dated 17 (CRR1 0303011) – Randomized Ten – Completed Four.2003.

29. Wellbutrin -XL Extension follow-up study. Randomized Fifteen – Completed Twelve. 2003.

30. 7- month Multi-Center, Randomized, Double-Blind, Placebo-Controlled Comparison of 150-300mg/day of Extended-Release Bupropion-Hydrochloride and Placebo for the Prevention of Seasonal Depressive Episodes in Subjects with a History of Seasonal Affective Disorder Followed by an 8-week Observational Follow-up Phase. Protocol #100006 Glaxo Smith Kline, 2003 Randomized Thirteen – Completed Eleven.

31. Wellbutrin -XL Extension follow-up study. Randomized ten –Randomized Eleven study in progress, 2004.

32. Cephalon Inc. “A 12-Month, Open Label, Flexible Dosage Study to Evaluate the Safety of GABITRIL at Dosages up to 16mg/day in Adults With Chronic Post Traumatic Stress Disorder” Protocol C667a/302/PT/US Version 1.2 Dated 30 June 2004 (CRR10703012) – Randomized Two – Completed One.

33. Cephalon Inc. Open Label “A 12 Week, Randomized, Double Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy and Safety of CEP-10953 (150mg) as Treatment for Adults With Excessive Sleepiness Associated With Chronic Shift Work Sleep Disorder.

34. A 12 Month, Open Label, Flexible-Dosage (100 to 250 mg/day) Study of the Safety and Efficacy of CEP-10953 in the Treatment of Patients With Excessive Sleepiness Associated With Narcolepsy, Obstructive Sleep Apnea/Hypopnea Syndrome, or Chronic Shift Work Sleep Disorder, Protocol #C10953/3023/ES/MN, Cephalon, 2004

35. A 12-Week, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy and Safety of CEP-10953 (150 And 250 mg/day) as Treatment for Adults With Excessive Sleepiness Associated With Narcolepsy, Protocol #C10953/3020/NA/MN, Cephalon 2004

36. A Randomized, Double-Blind Study of Depakote Monotherapy, Olanzapine Monotherapy and combination Therapy of Depakote Plus Olanzapine in Stable Subjects During The Maintenance Phase of Bipolar Illness, Protocol # M02-551, Abbott 2004

37.A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Assess the Efficacy and Safety of Provigil (Modafinil) Treatment (100, 200, and 400 mg/day) in Children and Adolescents with Excessive Sleepiness Associated with Narcolepsy Protocol #C1538/3027/NA/MN, Cephalon, 2004

38.A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Assess the Efficacy and Safety of Provigil (Modafinil) Treatment (100, 200, and 400 mg/day) in Children and Adolescents with Excessive Sleepiness Associated with Obstructive Sleep Apnea/Hypopnea Syndrome Protocol #C1538/3028/AP/MN, Cephalon, 2004

39.A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Assess the Efficacy and Safety of Provigil (Modafinil) Treatment (100, 200, and 400 mg/day) in Children and Adolescents with Excessive Sleepiness Associated with Narcolepsy or Obstructive Sleep Apnea/Hypopnea Syndrome Protocol #C1538/3029/ES/MN, Cephalon, 2004

40.A Double-Blind, Randomized, Placebo-Controlled, Multicenter, 30-Night Polysomnographic Study of MK-0928 in Elderly Patients with Primary Insomnia Protocol #002-00, Merck, 2004

41.A Double-Blind, Randomized, Placebo-Controlled, Multicenter, 30-Night Polysomnographic Study of MK-0928 in Adult Patients with Primary Insomnia Protocol #004-00, Merck, 2004

42.A Study to Define the Non-Restorative Sleep Population Protocol #A9001243, Pfizer, 2004

43.A Double-Blind, Randomized, Placebo-Controlled, Parallel-Group, Multicenter, Study of MK-0928 in Healthy Adult Volunteers Participating in a 4-Hour Phase Advance Model of Transient Insomnia Protocol #007, Merck, 2005

44.A 10-Week, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy and Safety of Gabatril at 4,8, and 12 mg/day in the Treatment of Adults With Generalized Anxiety Disorder Protocol #C6671/3030/AX/US, Cephalon, 2005

Awards

1. National Science Foundation Fellowship, University of Missouri -1969,1970
2. NASA Summer Fellowship, Colorado State University -1970
3. National Institutes of Mental Health Fellowship, Maudsley Hospital, London, England -1973
4. MacArthur Foundation Fellowship to study with Dr. David Kupfer, University of Pittsburgh, School of Medicine -1986 for 6 months

Professional Organizations

1. American Academy of Psychiatry and the Law
2. American Psychiatric Association
3. Fellow, American Psychiatric Association
4. Association of Professional Sleep Societies
5. Biological Psychiatry Society
6. Illinois Psychiatric Society
7. Sleep Research Society - Fellow
8. Society for Light Treatment and Biological Rhythms
9. American Psychiatric Electrophysiological Society

Scientific Publication Reviewer

1. Journal of the American Medical Association
2. American Journal of Psychiatry
3. Journal of Psychiatry Research
4. Biological Psychiatry
5. Integrative Psychiatry
6. Psychosomatic Medicine
7. Psychosomatics
8. Frequent ad-hoc reviewer for NIMH

Publications

1. Ghiron CA, Volkert WA, Lahmeyer HW: Studies on the Mechanism of Cystine Destruction and Inactivation of Trypsin Irradiated with 280nm Light. *Photochem Photobiol* 13:431-436, 1971.
2. Flaherty JA, Lahmeyer HW: Laryngeal-Pharyngeal Dystonia as a Possible Cause of Asphyxia with Haloperidol Treatment. *Am J Psychiatry* 135:1414-1415, 1978.
3. Flaherty JA, Lahmeyer HW: Newoleptic-Induced Laryngeal-dystonia: A Life Threatening Complication. Letter to Editor. *Am J Psychiatry* 135:1345, 1979.
4. Lahmeyer HW, Steingold RG: Medical and Psychiatric Complications of Pentazocine and Tripeleminamine Abuse. *J. Clinical Psychiatry* 4:275-278, 1980.
5. Lahmeyer HW, Steingold RG: Pentazocine and Tripeleminamine: A Drug Abuse Epidemic? *Int J Addict* 15:1219-1232, 1980.
6. Lahmeyer HW, Gaviria FM: Bradycardia, Persistent Diabetes Insipidus, and Tardive Dyskinesia with Lithium Intoxication. *J Univ Ottawa* 5:283-286, 1980.
7. Lahmeyer HW: Psychopharmacologic Treatment Approaches in Affective Disorders. In ValE, Gaviria FM, Flaherty JA (eds), *Affective Disorders: Psychopathology and Treatment*. Year Book Medical Publishers, Chicago, 1982.

8. Lahmeyer HW: Methadone Maintenance, in CraigRJ, Backer S (eds), Drug Dependent Patients: Treatment and Research. Charles C. Thomas Publishers, Springfield, IL, 1982.
9. Lahmeyer HW, Jackson C: Postpartum Depression. In Val E, Gaviria FM, Flaherty JA (eds), Affective Disorders: Psychopathology and Treatment. Year Book Medical Publishers, Chicago, 1982.
10. Lahmeyer HW, DeLeon- Jones F, Miller M: Anxiety and Mood Fluctuation During the Normal Menstrual Cycle. Psychosom Med 44:183-194, 1982.
11. Lahmeyer HW: Psychiatric Disease: Medical and Surgical Complications of Pregnancy. In EllisJW, Beckmann CRB (eds), A Clinical Manual of Obstetrics. Appleton-Century-Crofts, Norwalk, CT, 1982.
12. Lahmeyer HW: Frontal Lobe Meningioma and Depression. J Clin Psychiatry 43:6,254-255, 1982.
13. Nasr SJ, Javaid J, Altaian E, Lahmeyer HW: Low Urinary MHPG Preceding Relapse in Unipolar Depressed Women: A Case Report. Am J Psychiatry 140:486-488, 1983.
14. Lahmeyer HW, Stock PG: Phencyclidine Intoxication, Physical Restraint, and Acute Renal Failure: A Case Report. J Clin Psychiatry 44:184-185, 1983.
15. Baer RK, Muecke MM, Nasr S, Lahmeyer HW, et al: Clinical Psychiatry Conference: Biological and Family Indicators in Depression. J Clin Psychiatry 44:372-378, 1983.
16. Rogalski CJ, Lahmeyer HW: Effects of the Hypnotic Flurazepam on Sleep of Pentazocine and Heroin Addicts During Withdrawal. Int J Addict 18:407-418, 1983.
17. Lahmeyer HW, Poznanski EO, Bellur SN: EEG Sleep in Depressed Adolescents. AmJ Psychiatry 140:1150-1153, 1983.
18. Lahmeyer HW: Sleep, Depression and Aging. Letter to J Clin Psychiatry, 44:81, 1983.
19. Lahmeyer HW: Premenstrual Tension: An Overview of its Relationship to Affective Psychopathology. Integrative Psychiatry 2:106-110, 1984.
20. Parker J, Lahmeyer HW: Maprotiline Poisoning: A Case of Cardiotoxicity and Myoclonic Seizures. J Clin Psychiatry 45:312-314, 1984.
21. Lahmeyer HW: Psychiatric Emergencies, in Beckmann RB, Long F, Ellin J (eds), A Clinical Manual of Obstetrics, 1985.

22. Lahmeyer HW: Psychiatric Disease: Medical and Surgical Complications of Pregnancy, in Beckmann RB, Long F, Ellin J (eds), A Clinical Manual of Obstetrics, 1985.
23. Lahmeyer HW, Davis, JM: Comments on M. H. Stone Paper: Critical and Unresolved Issues of Borderline Personality. Integrative Psychiatry, 1985.
24. Lahmeyer HW: Comments on M. D. Majewska's Paper: Actions of Steroids on Neuron: Role in Personality, Mood, Stress, and Disease. Integrative Psychiatry 5:4,267-268, 1985.
25. Lahmeyer HW, Bellur SN: Cardiac Regulation and Depression. J Psychiatry Res 21:1-6, 1987.
26. Lahmeyer HW: Sleep Disorders, in Flaherty JA, Channon RA, Davis JM (eds), Psychiatry Diagnosis & Therapy. Appleton & Lange, Norwalk, CT, 1988, 1992.
27. Lahmeyer HW, Channon RA, Schlemmer RF: Psychoactive Substance Abuse, in Flaherty JA, Channon RA, Davis JM (eds), Psychiatry Diagnosis & Therapy. Appleton & Lange, Norwalk, CT, 1988, Second Edition 1992.
28. Lahmeyer HW: Sleep in Craniopagus Twins. Sleep 11(3):301-306, 1988.
29. Lahmeyer HW, Craig RJ: Pentazocine-Naloxone: Another "Addiction-Proof" Drug of Abuse. Int J Addict 22:1163-1166, 1987.
30. Lahmeyer HW: The Incidence of Nocturnal Complaints in Chronic Insomnia. Sleep Res 17:21, 1988.
31. Signore RJ, Lahmeyer HW: Acute Psychosis in a Patient with Cerebral Cysticercosis. Psychosomatics 29:1, 106-109, 1988.
32. Lahmeyer HW: Heart Rate and Temperature Change During Exposure to Bright Light. Progress in Neuro-Psychology and Biological Psychiatry 12:763-772, 1988.
33. Weiler MA, Val ER, Gaviria M, Prasad RB, Lahmeyer HW, Rodgers P: Panic Disorder in Borderline Personality Disorder. Psychiatr J Univ Ottawa 13:3, 140-143, 1988.
34. Lahmeyer HW, Val E, Gaviria FM, Prasad RB, Pandey GN, Rodgers P, Weiler MA, Altman EG: EEG Sleep, Lithium Transport, Dexamethasone Suppression and Monoamine Oxidase Activity in Borderline Personality Disorder. Psychiatry Res 25:19-30, 1988.
35. Lahmeyer HW, Smith M: EEG Sleep in Depressed Hispanics and Non-Hispanics. Sleep Res 18:347, 1989.

36. Lahmeyer HW, Young MA, Watell LG, Eastman CI: Hypersomnia Precedes the Feeling of Depression in Winter Seasonal Affective Disorder. *Sleep Res* 18:183, 1989.
37. Lahmeyer HW, Janicak P, Easton M, Smith M, Davis JD: ECT's Effect on Sleep in Major Depression. *Sleep Res* 18:346, 1989.
38. Lahmeyer HW: Sleep in Cushing's Disease. *Sleep Res* 18:345, 1989.
39. Lilie JK, Lahmeyer HW: Acute effects of Alcohol on Sleep, Breathing, and Subjective Daytime Sleepiness. *Sleep Res.* 18:256, 1989.
40. Lahmeyer HW, Reynolds CF, King R, Kupfer D: Biological Markers in Borderline Personality Disorder: A Review. *3 din Psychiatry* 50:6, 1989.
41. Lahmeyer HW: Sleep in two depressed patients with Cushing's syndrome. *J Neuropsychiatry*, 1989.
42. Lahmeyer HW, Roth T, Jennings DJ, et al: Predictors of Somnolence to Flurazepam, Temazepam, Triazolam and Estazolam. *Sleep Res*, 1990.
43. Lahmeyer HW, Doherty J, Fillingim J, Cohn J, Kami J, Leppik I: The Effect of Zolpidem in Outpatients with Chronic Insomnia. New Publication.
44. Lahmeyer HW: L-tryptophan for Insomnia. *JAMA*, Dec, 1989, 2748.
45. Lahmeyer HW: Question and Answer. L-tryptophan for Insomnia. *JAMA*, 1990.
46. Prasad RB, Val ER, Lahmeyer HW, et al: Associated Diagnoses (Comorbidity) in Patients with Borderline Personality Disorder. *Psychiatry J Univ Ottawa* 15:1, 22-27, 1990.
47. Lahmeyer HW: Seasonal Affective Disorders, in Hall RB, Janicak PB, Davis J (eds). *Psychiatric Medicine* 9:142(1), 1991.
48. Lilie JK, Lahmeyer HW, Watell LG, Eastman CI: Summer/Winter Changes in the Psychophysiology of Depression. *Sleep Res*, 19:397, 1990.
49. Lilie JK, Lahmeyer HW: Psychiatric Management of Sleep Disorders. In Hall RC, Janicak PB, Davis J(eds). *Psychiatric Medicine* 9:2,1992.
50. Lilie JK, Lahmeyer HW: Effects of Gender and Apnea Severity on Therapeutic Level of CPAP. *Sleep Res*, 20:279, 1991.
51. Lilie JK, Lahmeyer HW, Desportes J: Summer EEG Sleep in Patients with SAD. *Sleep Res*, 20:462,1991.

52. Eastman CI, Lahmeyer HW, Watell LG, Good GD, Young MA: Efficacy of Bright Light Treatment for Winter Seasonal Affective Disorder: A Placebo-Controlled Trial. *Sleep Res*, 1992.
53. Lahmeyer HW, Lilie JK: Seasonal Affective Disorders. In *Current Opinion in Psychiatry* 4:1,1991.
54. Lahmeyer, HW, Lilie JK: The Effects of Hypnotics on Daytime Performance. In *Physiologic and Pharmacologic Effects of Sleep Promoting Medications*. T Roth, MF Chase (eds). *Advances in Sleep Medicine*, Vol. 2.
55. Young MA, Watell LG, Lahmeyer HW, Eastman CI: The Temporal Onset of Individual Symptoms in Winter Depression: Differentiating Underlying Mechanisms. *J Affect Dis*. 1991.
56. Lahmeyer HW, Klamen DL: Psychiatric Disease. In *Psychiatric Disease in Pregnancy*, Shaver DC, Phelan S (eds). *A Clinical Manual of Obstetrics*, Pergamon Press, New York, 1991.
57. Lahmeyer HW: Benzodiazepine Hypnotics. *Psychiatric Times*, August, 1992.
58. Lahmeyer HW: Pharmacological Management of Insomnia. In *Management of Insomnia in Psychiatric Populations*. MH Chase, T Roth (Eds). *Advances in Sleep Medicine*, Vol. 3.
59. Eastman, CI, Gallo, LC, Lahmeyer, HW, Fogg, LF: The Circadian Rhythm of Temperature During Light Treatment for Winter Depression. *Biol Psychiatry* 1993, 34:210-220.
60. Lahmeyer, HW: Hypnotics: A Powerful Tool for a Serious Problem. *Pharmacy & Therapeutics*, July 1995.
61. Eastman CI, Lahmeyer HW, WateU LG, Good GD, Young, MA: A Placebo-Controlled Trial of Light Treatment for Winter Depression. *J Affective Disorders*, 26:211-222, 1992.
62. Lahmeyer HW, Heiligenstein JH, Faries DE, Rush AJ, Andersen JS, Pande AC, Rofiwarg HP, Dunner D, Gillin JC, James SP, Zajecka J, Tollefson GD, Gardner DM. Latency to Rapid Eye Movement Sleep as a predictor of Treatment Response to Fluoxetine and Placebo in Nonpsychotic Depressed Outpatients. *Psychiatric Research*, 1994. 52:327-339.
63. Lahmeyer, HW, Wilcox CS, Kann FJ, Leppik I: Subjective Efficacy of Zolpidem in Outpatients with Chronic Insomnia, *Drug Invest* 13(3), 1997.

64. Lahmeyer, HW: *Insomnia: How to Get a Good Night's Sleep*. Consultant, January 1995.

Books & Monographs

1. Bootzin, RR, Lahmeyer, HW, Lilie, JK, (eds): *Integrated Approach to Sleep Management; The Healthcare Practitioner's Guide to the Diagnosis and Treatment of Sleep Disorders*. Cahners Healthcare Communications 1994.

2. Bootzin, RR, Lahmeyer, HW, Lilie, JK: *Easy Steps to Help you Sleep*. Searle Pharmaceuticals 4/94. !

Published Abstracts

1. Lahmeyer HW, Bellur SN, Swain M. Smith K: Cardiac Regulation, Sleep and Depression. *Sleep Res* 12:207, 1983.

2. Lahmeyer HW: Electroencephalographic Sleep in Depressed Adolescents. *Neurology Digest*, April, 1984.

3. Lahmeyer HW, Val E, Gaviria FM, Pradas BR: EEG Sleep in Borderline Personality Disorder. *Sleep Res EIS/BRI*, UCLA, 1985.

4. Lahmeyer HW, Lilie JK: Personality Affects Treatment Outcome in Phase-Delayed Sleep Syndrome. *Sleep Res* 16:282, 1987.

5. Lilie JK, Lahmeyer HW: Ultra-Short Sleep -with Preservation of REM in a Paranoid Schizophrenic. *Sleep Res* 17:213, 1988.

6. Lahmeyer HW: Sleep in Craniopagus Twins. *Sleep Res* 17, 1988.

7. Lahmeyer HW: Cardiac Regulation and Depression. Selected for Annual Review in the 1988 Year Book of Psychiatry and Applied Mental Health, Chicago, Illinois, January, 1988.

8. Lahmeyer HW: The Incidence of Nocturnal Complaints in Chronic Insomnia. *Sleep Res* 17:21, 1988.

9. Lilie JK, Lahmeyer HW: Acute Effects of Alcohol on Sleep, Breathing, and Subjective Daytime Sleepiness. *Sleep Res* 18:256, 1989.

10. Lahmeyer HW, Smith M: EEG Sleep in Depressed Hispanics and non-Hispanics. *Sleep Res* 18:347, 1989.

11. Lahmeyer HW, Young MA, Watell LG, Eastman CI: Hypersomnia Precedes the Feeling of Depression in Winter Seasonal Affective Disorder. *Sleep Res* 18:183, 1989.

12. Lahmeyer HW : Sleep in Cushing's Disease. *Sleep Res* 18:345, 1989.
13. Lilie JK, Lahmeyer HW , Belzer LJ: Effect of Zolpidem on Cognitive Functioning and Mood in Insomniacs. *Sleep Res* 18:122, 1989.
14. Lahmeyer HW : Biological Markers in Borderline Personality Disorder: A Review. *Clinical Digest Series*, 1990.
15. Lilie JK, Lahmeyer HW , Watell LG, Eastman CI: Summer/Winter Changes in the Psychophysiology of Depression. *Sleep Res*, 19:397, 1990.
16. Lahmeyer HW : Efficacy of Zolpidem in Chronic Insomnia. *Sleep Res*, 1990.
17. Lilie JK, Lahmeyer HW, Watell LG: Psychophysiology of Seasonal Affective Disorder (SAD). *Sleep Res* 20:265, 1990.
18. Lahmeyer HW , Roth T, Jennings DJ, et al: Predictors of Somnolence to Flurazepam, Temazepam, Triazolam and Estazolam. *Sleep Res*, 19:336, 1990.
19. Lilie JK, Lahmeyer HW : Effects of Gender and Apnea Severity on Therapeutic Level of CPAP. *Sleep Res* 20:279, 1991.
20. Lilie JK, Lahmeyer HW , Desportes J: Summer EEG Sleep in Patients with SAD. *Sleep Res* 20:462, 1991.
21. Lilie, JK, Lahmeyer HW , Belzer LJ: Neuropsychological Functioning of Insomniacs Treated with Zolpidem. *Sleep Res* 21:227, 1992.
22. Lahmeyer HW , Janicak P, Easton M, Smith M, Davis, JD: ECT's Effect on Sleep in Major Depression. *Sleep Res* 18:346, 1992.
23. Lahmeyer HW , Easton MS , Sanchez R, Smith M: Sleep and Core Body Temperature in SAD Subjects During Treatment with Morning and Evening Lights. *Sleep Res* 21:379, 1992.
24. Fry J, Scharf MB, Berkowitz DV, Brown DW, Claghorn J, Ferguson J, Karacan I, Lahmeyer HW , Mendels J, Pascualy R, Vogel GW, Walsh JK, and Wooten V: A Phase III, 28 Day, Multicenter, Randomized, Double-blind Comparator- and Placebo-controlled, Parallel-group Safety, Tolerability, and Efficacy Study of 5, 10, and 20 mg. of Zaleplon, Compared with 10 mg. of Zolpidem or Placebo, in Adult Outpatients with Insomnia . Wyeth-Ayerst. 1998

Presentations

1. Lecture on Closed Head Injury - Neuropsychiatric Aspect:

Lecture for Psychiatry and Neurology Board Review Course, May, 1989.

University of Illinois Grand Rounds, June, 1990.

Northwestern University of Grand Rounds, 1993.

Illinois Trial Lawyers Association, Springfield , 1998.

2. Lecture on Post Traumatic Stress Disorder (PTSD):

Co Director Veterans Administrative Hospital, Course on PTSD, 1988/1989.

Northwestern University Grand Rounds, January, 1993.

Chicago Bar Association, 1998.

Grand Rounds of Department of Medicine as Visiting Professor of the University of Hawaii, Honolulu, Hawaii, October, 1994.

Grand Rounds of Department of Psychiatry, University of Hawaii , Honolulu , Hawaii , 1994.

Grand Rounds of Humana Health Care, University of Hawaii, Honolulu, Hawaii, October, 1994.

Grand Rounds Veterans Administrative Hospital, University of Hawaii, Honolulu, Hawaii, October, 1994

3. Psychiatric complications of medical drugs. Presented to the American Medical Association, September, 1980.

4. Talwin and tripeleminamine: Update. Presented to the National Alcohol and Drug Coalition Annual Meeting, Washington, D.C., September, 1980.

5. 3-Methoxy, 4-hydroxyphenethyleneglycol (MHPG) excretion during the menstrual cycle. Presented to the Third World Congress of Biological Psychiatry, Stockholm, Sweden, June, 1981.
6. Cardiac regulation during sleep in depressed adults. Presented at the Association for Psycho physiological Study of Sleep Meeting, Bologna, Italy, July, 1983.
7. Sleep in borderline personality disorder. Presented at the World Congress of Psychiatry, Vienna, Austria, July, 1983.
8. 3-Methoxy, 4-hydroxyphenethyleneglycol (MHPG) periodicity. Presented to Gordon Conference on Biological Rhythms, Vermont, June, 1984.
9. Effects of bright lights on circadian temperature and heart rate in seasonal affective disorder. Presented to American College of Neuropsychopharmacology Meeting, Washington, D.C., December, 1986.
10. Anxiety, post-traumatic stress disorder and depression. Grand Rounds, Edgewater Hospital, Chicago, IL, 1987.
11. Anxiety, post-traumatic stress disorder and depression. Grand Rounds, Highland Park Hospital, Highland Park, IL, 1988.
12. Sleep disorders in psychiatric illness. Grand Rounds, Department of Psychiatry, Univ. of Missouri, Columbia, MO, June, 1988.
13. Sleep and depression. Grand Rounds. Lutheran General Hospital, Chicago, IL, 1988.
14. Sleep and depression. Grand Rounds. University of Chicago, Chicago, IL, 1988.
15. Diagnosis and treatment of sleep disorders. SL^NY at Stony Brook Health Sciences, November, 1988.
16. Anxiety diagnosis and current treatment perspectives. Visiting Faculty Program in Psychiatry, Kenosha Hospital, Kenosha, WI, March, 1989.
17. Effects of cocaine, alcohol and heroin on resolution of post-traumatic stress disorder. Symposium paper presented to PTSD Drug Abuse Unit, West Side Veterans' Administration Hospital, May, 1989.
18. Overview of sleep disorders. Clinical Conference, St. Elizabeth's Hospital, Belleville, IL, May, 1989.
19. Sleep disorders and seasonal variations in the elderly. Veterans' Administration, Minneapolis, MN, May, 1989.

20. Sleep, biological rhythms and seasonal affective disorders. Door County Summer Institute, Egg Harbor, WI, August, 1990.
21. Sakkas P, Lahmeyer HW, Eastman C: Light therapy as a maintenance treatment in seasonal affective disorder. Paper presented at World Psychiatric Association Meeting, Athens, Greece, October, 1989.
22. Seasonal affective disorders and light therapy. Illinois Psychiatric Society, Chicago, IL, October, 1989.
23. Insomnia: Practical office management. Symposium, SUNY at Stony Brook, New York, December, 1989.
24. Nightmares and sleep in post-traumatic stress syndrome. Paper presented to Veterans' Administration Symposium on Post-Traumatic Stress Disorder, December, 1989.
25. Sleep disorders in post-traumatic stress disorder. Presented to West Side Veterans' Administration PTSD Seminar, Chicago, IL, April, 1990.
26. Lilie JK, Lahmeyer HW, Watel LG, Eastman CI: The relation of personality to clinical outcome in SAD. Paper presented at The Society for Light Treatment and Biological Rhythms, Columbia University, New York, May, 1990.
27. Young MA, Watel LG, Lahmeyer HW, Eastman CI: The temporal onset of symptoms in winter depression. Paper presented at The Society for Light Treatment and Biological Rhythms, Columbia University, New York, May, 1990.
28. Lahmeyer HW, Eastman CI, Watel LG: Morning light treatment of SAD. Paper presented at The Society for Light Treatment and Biological Rhythms, Columbia University, New York, May, 1990.
29. Eastman CI, Lahmeyer HW, Watel LG, Good GD, Young MA: Efficacy of bright light treatment for winter seasonal affective disorder: A placebo-controlled trial. (Submitted October, 1990). Presented to NIMH Symposium on bright light therapy of SAD.
30. Seasonal affective disorder. University of Alabama, Birmingham, AL, October, 1990.
31. Seasonal affective disorder. Grand Rounds. Loyola University, Chicago, IL, November, 1990.
32. Seasonal affective disorder. Grand Rounds, Northwestern University, Chicago, IL, November, 1990.

33. Seasonal affective disorder. Grand Rounds, Rush-Presbyterian-St. Luke's Medical School , Chicago , IL , December, 1990.
34. Psychiatric aspects of cardiovascular disease. Edgewater Hospital , Department of Cardiology, Chicago , IL , 1991.
35. Neuropsychology and effects of hypnotics. Association of Professional Sleep Society meeting, June, 1991.
36. Seasonal Affective Disorders. Grand Rounds, Medical College of Wisconsin , December, 1991.
37. Sleep and Circadian rhythm disturbances in depression. Grand Rounds, University of Texas , Houston , January, 1992.
38. Management of Depression in Family Practice. Grand Rounds, Depart. of Family Practice, University of Indiana , June, 1992.
39. Sleep in ECT. American Psychiatric Association meeting, 1992.
40. Seasonal Affective Disorders, Loyola University , November 1993.
41. Long-term Management of Recurrent Depression.
42. University of Hawaii , Neurobiology of Post Traumatic Stress Disorder, November 1994.
43. State University of New York , Buffalo , Grand Rounds, March 1995 Seasonal Affective Disorder.
44. Indiana University Winter Meeting on SAD, Aspen Colorado , January 1995.
45. Michigan State University , Treatment of recurrent Major Depressive Disorder, November 1994.
46. Wayne State University , Detroit , MI , Circadian Rhythms and SAD, December, 1994.
47. Chicago Medical School , SAD, Melatonin & Circadian Rhythms, November 1994.
48. Chicago Bar Association "The Lawyer's Guide to Common Mental Disorders - An Introduction to Psychopathology - Update 1996" Severe Personality Disorders: Borderline, Narcissistic and Anti-social States; Obsessive Compulsive and Post-Traumatic Stress Disorders, September, 1996.

49. Grand Rounds presented to numerous hospitals in Illinois , Wisconsin , Indiana and Michigan on the following topics:

50. Grand Rounds Lutheran General Hospital “Social Phobia”, October 15, 2001

51. Grand Rounds Lutheran General Hospital “Post Traumatic Stress Disorder”, May, 2001.

52. Sleep Disorders in Children and Adults. Presented to the Illinois Chapter of the Association of Physician Assistants. Oct 18, 2001 .

Other recent presentations

1. PTSD and OCD
2. Sleep in Depression
3. Melatonin
4. Circadian Rhythms
5. Psychophysiology of Cardiovascular Disease
6. Late Luteal Dysphoric Disorder
7. PTSD and Disasters
8. Seasonal Affective Disorders
9. Overview of Sleep Disorders
10. The Behavioral Treatment of Sleep Disorders
11. The Pharmacological Management of Insomnia
12. The Management of Comorbid Anxiety and Depression

Media Presentations

1. Oprah Winfrey ABC Television show on Seasonal Affective Disorders, December 1988.
2. Discovery Channel presentation of Seasonal Affective Disorders, December 1991.
3. CNBC National Cable Network presentation of depression and SAD, February 1992.
4. Roy Leonard WGN Radio Show - Sleep and Seasonal Affective Disorders - March 1993 to March 1994 four appearances.
5. Thirty appearances on Chicago evening news broadcasts since 1987 on the subjects of depression, SAD, Sleep Disorders, the OJ Simpson defense.
6. John Calloway Show, PBS Channel 11 on the forensic aspects of the Palatine Murders at Brown's Chicken; effects on victims & survivors.
7. Feature articles in the Chicago Tribune, Chicago Sun Times, Chicago Reader and many suburban newspapers.
8. National Public Radio - Prevention of Violence.

9. Combined Behavioral & Pharmacological Treatment of Insomnia Medical Media Film, Sponsored by Searle Pharmaceuticals, 1994.

10. Roy Leonard Show, December 1994 - 2 hour call-in show on sleep disorders and SAD.

11. WGN TV News segment on Insomnia - February 1995.

12. Chicago Tribune, May 1998 - Issues in Fitness to Stand Trial.
Henry W. Lahmeyer CV, 6/00 iy