

## RESUME

Olivier LE BON, MD, PhD

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Gender : Masculine

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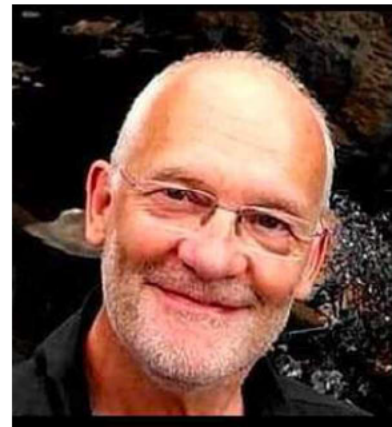
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Languages :

- French (mother tongue)
- English (grand-mother tongue – TOEFL)
- Spanish (fluent)
- Dutch (I B - Belgian State)
- Italian (fluid)
- German (elementary)
- Russian (elementary)

## **I. UNIVERSITY TITLES**

### **Medical Doctor**

(Université Catholique de Louvain, Belgium): 1979

### **Psychiatrist**

(Université Libre de Bruxelles, Belgium) : 1988

### **PhD**

(Université Libre de Bruxelles, Belgium: 2004

« *Contribution of the Study of the Ultradian Frequency to the Understanding of Sleep Mechanisms* »

## **II. SCIENTIFIC CAREER**

<b>2007-2018</b>	CHU Tivoli – Laboratory of Psychiatric Research Researcher
<b>1983-2003</b>	A total of 24 pharmacoclinical studies for the pharmaceutical industry
<b>1990-2007</b>	Laboratoire de Psychologie médicale ( ) Researcher
<b>1992-2007</b>	Laboratoire de recherche sur le sommeil et les biorythmes Researcher
<b>2007-</b>	Department of Psychiatry & Laboratory of Psychiatric Research (ULB 266) ( ) Researcher

## **III. TEACHING CAREER**

### University (ULB)

<b>2011 - 2015 :</b>	Junior Faculty	HOSP-G-168
<b>2008 - :</b>	Lecturer	MEDC 380

#### **IV : CLINICAL CAREER**

<b>1989-2007 :</b>	Head of Sub-Department	CHU Brugmann
<b>2007-2021 :</b>	Head of Psychiatry Department	CHU Tivoli

#### **V: PSYCHOTHERAPY**

<b>1990-1992:</b>	Supervisions, Ecole de la Cause freudienne ( [REDACTED] )
<b>1992-1994 :</b>	Thérapie systémique ( [REDACTED] , Chapelle-aux Champs)
<b>1995-1999 :</b>	Formation comportementale aux troubles du sommeil ( [REDACTED] )

## VI. MOST SIGNIFICANT SCIENTIFIC PULICATIONS (ENG)

**Hirsh factor :** 29  
**ResearchGate index:** 35.77

### 1<sup>st</sup> author :

1. **Le Bon O**, Verbanck P. Fluparoxan in Male Erectile Disorder. Journal of Psychopharmacology. 9/1: 67-68, 1995
2. **Le Bon O**, Verbanck P, Hoffmann G, Murphy JR, Staner L, Mampunza S, De Groote D, Den Dulk A, Anne A, Kornreich Ch, Pelc I. Sleep in detoxified alcoholics : impairment of most standard sleep parameters and increased risk for sleep apnea, but not for myoclonias - a controlled study. Journal of Studies on Alcohol, 58; 1: 30-36, 1997.
3. **Le Bon O**, Staner L, Murphy JR, Hoffmann G, Pull C, Pelc I. Critical analysis of theories advanced to explain REM latency and other sleep phenomena in several psychiatric conditions. Journal of Psychiatric Research, 1997, 31:4:433-450
4. **Le Bon O**, Fischler B, Hoffmann G, Murphy JR, De Meirleir K, Cluydts R, Pelc I,. How significant are primary sleep disorders in the chronic fatigue syndrome ? Sleep Research Online 3(2): 43-48, 2000.
5. **Le Bon O**, Hoffmann G, Tecco J, Staner L, Nosedà A, Pelc I, Linkowski P. Mild to moderate sleep respiratory events : one negative night may not be enough. Chest 118(2):353-9 (2000) (+ Editorial by Michael Littner: Polysomnography in the Diagnosis of the Obstructive Sleep Apnea-Hypopnea Syndrome : Where Do We Draw the Line? CHEST. 2000;118(2):286-288. doi:10.1378/chest.118.2.286)
6. **Le Bon O**, Staner L, Hoffmann G, Dramaix M, San Sebastian I, JR Murphy JR, Kentos M, Pelc I, Linkowski P. The first-night effect may last more than one night : J. Psychiatric Research 35;165-172, 2001
7. **Le Bon O**, Staner L, Hoffmann G, Pelc I, Linkowski P. Shorter REM latency associated with more sleep cycles of a shorter duration in healthy humans. Psychiatry Research 104:75-83, 2001
8. **Le Bon O**, Staner L, Rivelli SK, Hoffmann G, Pelc I, Linkowski P. Correlations using the NREM-REM sleep cycle frequency support instinct regulation mechanisms for REM and NREM sleep. Journal of Applied Physiology, 2002;93:141-146
9. **Le Bon O**, Murphy JR, Staner L, Hoffmann G, Kormoss N, Kentos M, Dupont Ph, Lion K, Pelc I, Verbanck P. A double-blind, placebo-controlled study of the efficacy of trazodone in the alcohol post-withdrawal syndrome: polysomnographic and clinical evaluations. Journal of Clinical Psychopharmacology (2003; 23(4): 377-83.)
10. **Le Bon O**, Minner P, Hoffmann G, Gallego S, Lambrecht L, Pelc I, Linkowski P. First-night effect in the chronic fatigue syndrome Psychiatry Research (2003 30; 120(2): 191-9.)

11. **Le Bon O**, Basiaux P, Streel E, Tecco J, Minner P, Hansenne M, Ansseau M, Pelc I, Verbanck P, Dupont S. Personality profile and drug of choice : a multivariate analysis using Cloninger's TCI on heroin addicts, alcoholics, and a random population group. Drug and Alcohol Dependence (73, 2004; 175-182)
12. **Le Bon O**, Chabanski S, Dramaix M, Pelc I, Linkowski P. Inverse association between Slow Wave Activity per cycle and the number of ultradian sleep cycles per night in healthy humans. Clinical Neurophysiology 2005 116(7):1493-500.
13. **Le Bon O**. Low-dose Trazodone effective in insomnia. Pharmacopsychiatry 2005;38:1-1
14. **Le Bon O**. Contribution of sleep research to the development of new antidepressants. Dialogues Clin Neurosci. 2005;7(4):305-13
15. **Le Bon O**, Popa D, Alexandre C, Lena C, Adrien J. Ultradian cycles in mice: definitions and links with REMS and NREMS. J. Comparative Physiology-A, 193(10) 1021-32, 2007
16. **Le Bon O**, Neu D, Valente F, Linkowski P. Paradoxical NREMS distribution in "pure" chronic fatigue patients: a comparison with sleep apnea-hypopnea patients and healthy control subjects. Journal of Chronic Fatigue Syndrome; 14(2), 2007, 45-59
17. **Le Bon O**, Cappeliez B, Neu D, Stulens L, Hoffmann G, Hansenne M, Ansseau M, Linkowski P. Personality profile of patients with chronic fatigue syndrome; Journal of Chronic Fatigue Syndrome; 14(1), 2007, 55-68
18. **Le Bon O**, Hoffmann R, Staner L, Armitage R. Relationships between the number of ultradian cycles and key sleep variables in outpatients with major depressive disorder. Psychiatry Res. 2009;165(1-2):60-7
19. **Le Bon O**, Neu D. Total absence of recall of discussion occurred shortly after ingestion of 10 mg zolpidem. Pharmacopsychiatry. 2009;42(3):126-7
20. **Le Bon O**, Ocampo-Garces A, Neu D, Vivaldi E. Links between the number of sleep ultradian cycles and REMS duration: confirmation in rats. Neurophysiol Clin. 2009;39(2):133-4
21. **Le Bon O**, Neu D, Berquin Y, Lanquart JP, Hoffman R, Mairesse O, Armitage R. Ultra-Slow delta power in chronic fatigue. Psychiatry Research 200 (2012), pp. 742-747 DOI: 10.1016/j.psychres.2012.06.027
22. **Le Bon O**, Linkowski P. A shaggy dog story (British Medical Journal). 2012; 345 doi: <http://dx.doi.org/10.1136/bmj.e7751>;
23. **Le Bon O**, Hansenne M, Amaru D, Albert A, Ansseau M, Dupont S. Assortative mating and personality in human couples: a study using Cloninger's Temperament and Character Inventory. Psychology. 2013, vol 4, n°1
24. **Le Bon O**. Which theories on sleep ultradian cycling are favored by the positive links found between the number of cycles and Rems? Biological Rhythm Research. 2012 10.1080/09291016.2012.721590
25. **Le Bon O**, Linkowski P. Absence of systematic relationships between REMS duration episodes and spectral power Delta and Ultra-Slow bands in contiguous NREMS episodes in healthy humans. J Neurophysiol. 2013 Jul;110(1):162-9. doi: 10.1152/jn.00020.2013. Epub 2013

26. **Le Bon O**, Le Bon SD. Age distribution curve in psychiatric admissions inversely correlates with Life Satisfaction. Psychiatry Res. 2014 Sep 30;219(1):232-4. doi: 10.1016/j.psychres.2014.05.001.
27. **Le Bon O, Le Bon O**, Lanquart JP, Hein M, Loas G. Sleep ultradian cycling: Statistical distribution and links with other sleep variables, depression, insomnia and sleepiness-A retrospective study on 2,312 polysomnograms. Psychiatry Res. 2019; 279:140-147
28. **Le Bon O**. Relationships between REM and NREM in the NREM-REM sleep cycle: a review on competing concepts. Sleep Medicine, 2020: 70:6-16.
29. **Le Bon O**. An asymmetrical hypothesis for the NREM-REM sleep alternation – What is the NREM-REM cycle? Frontiers Neuroscience, 2021 | <https://doi.org/10.3389/fnins.2021.627193>

#### **Last author :**

1. Verbanck P, **Le Bon O** : Changing psychiatric symptoms occurring in a patient with vitamin B 12 deficiency. Journal of Clinical Psychiatry, 52 (4) : 182-3, 1991
2. Neu D, Mairesse O, Hoffmann G, Dris A, Lambrecht LJ, Linkowski P, Verbanck P, **Le Bon O**. Sleep quality perception in the chronic fatigue syndrome: correlations with sleep efficiency, affective symptoms and intensity of fatigue. Neuropsychobiology 6;56(1): 40-46, 2007.
3. Neu D, Hoffmann G, Moutrier R, Verbanck P, Linkowski P, **Le Bon O**. Are patients with chronic fatigue syndrome just "tired" or also "sleepy"? Journal of Sleep Research. 2008;17(4):427-31
4. Neu D, Cappeliez B, Hoffmann G, Verbanck P, Linkowski P, **Le Bon O**. High slow-wave sleep and low-light sleep: chronic fatigue syndrome is not likely to be a primary sleep disorder J Clin Neurophysiol. 2009;26(3):207-12.
5. Neu D, Mairesse O, Hoffmann G, Valsamis JB, Verbanck P, Linkowski P, **Le Bon O**. Do 'Sleepy' and 'Tired' Go Together? Rasch Analysis of the Relationships between Sleepiness, Fatigue and Nonrestorative Sleep Complaints in a Nonclinical Population Sample. Neuroepidemiology. 2010;35(1):1-11
6. Neu D, Kajosch H, Peigneux P, Verbanck P, Linkowski P, **Le Bon O**. Cognitive impairment in fatigue and sleepiness associated conditions. Psychiatry Res. 2011; 189: 128-134
7. Noël X, Brevers D, Bechara A, Hanak C, Kornreich C, Verbanck P, **Le Bon O**. Neurocognitive determinants of novelty and sensation-seeking in individuals with alcoholism. Alcohol Alcohol. 2011, 46(4):407-15.
8. Neu D, Mairesse O, Verbanck P, Linkowski P, **Le Bon O**. Non-REM sleep EEG power distribution in fatigue and sleepiness. J Psychosom Res. 2014 Apr;76(4):286-91. doi: 10.1016/j.jpsychores.2014.02.002.
9. Neu D, Mairesse O, Verbanck P, **Le Bon O**. Slow wave sleep in the chronically fatigued: Power spectra distribution patterns in chronic fatigue syndrome and primary insomnia. Clin Neurophysiol. 2015 Oct;126(10):1926-33. doi: 10.1016/j.clinph.2014.12.016.

10. 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,  
Oct 2017. J. Sleep Research

**Co-author :**

1. Ansoms S, **Le Bon O**, Pelc I, Cabri C, Poels R : Zopiclone or Lormetazepam in the treatment of insomnia and the effect on behavior and mood in patients during the postalcoholism withdrawal period. Current therapeutic research, vol. 49., n° 1, 54-64, 1991
2. Michiels V, Cluydts R, Fischler B, Hoffmann B, **Le Bon O**, De Meirleir K. Cognitive functioning in patients with chronic fatigue syndrome. Journal of Clinical and Experimental Neuropsychology. 1996 (vol 18) n°5, 666-677.
3. Pelc I, Verbanck P, **Le Bon O**, Gavrilovic M, Lion K, Lehert P. Efficacy and safety of acamprosate in the treatment of detoxified alcohol-dependent patients - a 90-day placebo-controlled dose-finding study. British Journal of Psychiatry, 1997; 171, 73-77
4. Fischler B, **Le Bon O**, Hoffmann G, Cluydts R, Kaufman L, De Meirleir K. Sleep anomalies in the chronic fatigue syndrome. A Comorbidity study. Neuropsychobiology, 1997; 35(3): 115-122
5. Staner L, Hilger C, Hentges F, Monreal J, Hoffmann A, Couturier M, **Le Bon O**, Stefos G, Mendlewicz J. Association between novelty seeking and the dopamine D3 receptor gene in bipolar patients. Biological Psychiatry vol. 42, no. 1, pp. 98S-98S, 1997
7. Kornreich C, Philippot P, Verpoorten C, Dan B, Baert I, **Le Bon O**, Verbanck P, Pelc I. Alcoholism and emotional reactivity: more heterogeneous film-induced emotional response in newly detoxified alcoholics compared to controls - a preliminary study. Addictive Behaviors, vol 23, 3, 413-418, 1998
8. Staner L, Hilger C, Monreal J, Hoffmann A, Couturier M, Le Bon O, Stefos G, Souery D, Mendlewicz J. Association between novelty-seeking and the dopamine D3 receptor gene in bipolar patients: a preliminary report. American Journal of medical genetics; 81: 192-194, 1998.
9. Philippot P, Kornreich C, Blairy S, Baert I, Den Dulk A, Le Bon O, Streel M, Hess U, Pelc I, Verbanck P. Alcoholics' deficits in the decoding of emotional facial expression. Alcoholism: Clinical and Experimental Research, vol 23, 6, 1031-1038, 1999
10. Blairy S, Massat I, Staner L, **Le Bon O**, Van Gestel S, Van Broeckhoven C, Hilger C, Hentges F, Souery D, Mendlewicz J. 5-HT2a receptor polymorphism gene in bipolar disorder and harm avoidance personality trait. Am. J. Medical Genetics 96:360-364 (2000).
11. Hansenne M, **Le Bon O**, Gauthier A, Ansseau M. Belgian normative data of the Temperament and Character Inventory. European Journal of Psychological Assessment. (2001), vol 17; 1; 56-62

12. Staner L, Cornette F, Maurice D, Viardot G, **Le Bon O**, Haba J, Staner C, Luthringer R, Muzet A, Macher JP. Sleep microstructure around sleep onset differentiates major depressive insomnia from primary insomnia. J Sleep Res. 2003 Dec; 12(4): 319-30.
13. Hubain Ph, **Le Bon O**, Vandenhende F, Van Wijnendaele R, Linkowski P. Major depression males: effects of age, severity and adaptation on sleep variables. Psychiatry Research; 2006;145(2-3):169-77
14. Neu D, Mairesse O, Montana X, Gilson M, Corazza F, Lefevre N, Linkowski P, **Le Bon O**, Verbanck P. Dimensions of pure chronic fatigue: psychophysical, cognitive and biological correlates in the chronic fatigue syndrome. Eur J Appl Physiol. 2014 Sep;114(9):1841-51. doi: 10.1007/s00421-014-2910-1.
15. Le Bon SD, Horoi M, Le Bon O, Hassid S: Intranasal trigeminal training in empty nose syndrome: a pilot study on 14 patients. Otolaryngol 2020; 45: 259-263 doi: 10.1111/coa.13483
16. Le Bon SD, Pisarski N, Verbeke J, Prunier L, Cavelier G, Thill MP, Rodriguez A, Dequanter D, Lechien JR, Le Bon O, Hummel Th, Horoi M. Evaluation of chemosensory functions 5 weeks after olfactory loss due to COVID-19: a prospective cohort study on 72 patients. Eur Arch Otorhinolaryngol, 2021 278 :101-108 ; doi: 10.1007/s00405-020-06267-2
17. Le Bon SD, Pisarski N, Verbeke N, Prunier L, Cavelier G, Thill MP, Rodriguez A, Dequanter D, Lechien J, Le Bon O, Hummel Th, Horoi M. Psychophysical evaluation of chemosensory functions 5 weeks after olfactory loss due to COVID-19: a prospective cohort study on 72 patients. Arch Otorhinolaryngol 2021;278:101-108.doi: 10.1007/s00405-020-06267-2.Epub 2020 Aug 4.

## VII. MOST SIGNIFICANT SCIENTIFIC PUBLICATIONS (FR)

### 1<sup>er</sup> auteur

1. **Le Bon O**, Zucker N, Pairon A : Marital tensions : une introduction à la lecture de Henry Dicks "Thérapie familiale", n° 4/ 1991, 349-360
2. **Le Bon O**, Verbanck P, Kornreich C, Pelc I: Modèles animaux d'alcoolisation". "Revue française d'alcoologie", n° 3, 1991, 129-141
3. **Le Bon O**, Staner L, Tecco J, Pull Ch, Pelc I. Questionnaire de personnalité tridimensionnel (TPQ): validation chez une population francophone. Encéphale, 1998: XXIV, 40-45
4. **Le Bon O**, Arpi S. Effect of the first sleep night in polysomnography: classification by variable sensitivity and factorial analysis of differences between nights. Rev Neurol (Paris). 2003; 159(11 Suppl): 6S42-7.
5. Amaru D, **Le Bon O**. Postpartum depression: correlations and predictive factors Rev Med Brux. 2014 Jan-Feb;35(1):10-6. French.



### **Co-auteur**

1. Van de Wiele C, Lambrechts L, Osmanagaoglu K, Hoffmann G, **Le Bon O**, Troch M, Dierckx RA. Tc-99m HMPAO TEMP et polysomnographie dans le syndrome de fatigue chronique.. Médecine nucléaire- Imagerie fonctionnelle et métabolique (1995), 19 7/09
2. Mampunza S, Paternot J, Verbanck P, **Le Bon O**, Den Dulk A, Gheldof R, Martin P, Van Tricht L, Demeurisse G, Pelc I, Verhas M: Mesure du débit sanguin cérébral régional par une méthode radio-isotopique utilisant la tomo-scintigraphie monophotonique du 99mTc-HMPAO et le compteur humain total. Medecine nucléaire - Imagerie fonctionnelle et métabolique (1996) 20; 54-59
3. Atarhouch N, Hoffmann E, Adam S, Titeca J, Stillemans E, Fossion P, **Le Bon O**, Servais L. Evaluation des traits caractéristiques de la psychopathie chez les adolescents délinquants. Encéphale 2004;30(4):369-75.
4. Arpi S, Lustygier V, **Le Bon O**, Hanak C, Streel E, Pelc I, Verbanck P. Syndrome de Wernicke-Korsakoff; mise en évidence de facteurs de risque chez des patients alcoolodépendants. Alcoologie et addictologie 2005: 27(4):281-286
5. Atse ML, **Le Bon O**, Des Grottes JM, Rossignol P. Convulsions following dialysis sessions. Encephale. 2009;35(3):292-3
6. Bertouille V, **Le Bon O**. One year functioning of a psychiatric unit in a general hospital : Analyses and reflections. Revue médicale de Bruxelles, 2015
7. Delcomenne M, Francolini M, **Le Bon O**. On the benefits to keep using the Asperger diagnosis. Revue médicale de Bruxelles, 2016

### **VIII. CHAPTERS AND BOOKS**

#### **1st author :**

1. **Le Bon O** : How Smart People Can Overcome Jet Lag. Bentham Press, 2016
2. **Le Bon O**. Jet Lag. In « Circadian Rhythm - Cellular and Molecular Mechanisms » DOI : 10.5772/intechopen.75929, 2018
3. **Le Bon O**: Traitement de la dépendance à l'héroïne : vers un nouveau paradigme. In Gestion des drogues en 2000, Actes du Ve congrès; Eds B. De Ruyver, P. De Somere, G. Vermeulen, A. Noirfalise, CH. Figiel. Maklu Uitgevers, Gent 1998.
4. **Le Bon O**. Fonction(s) du sommeil. In « Bienfaits et troubles du sommeil », J-E Vanderheyden , De Boeck Ed, 2016

#### **Co-author**

5. Pelc P, **Le Bon O**, Verbanck P, Lehert P, Opsomer L : Calcium-acetylhomotaurinate for maintaining abstinence in weaned alcoholic patients : a double-blind, placebo-controlled multicenter study. Publications of the Research Society for Alcoholism, Toronto, 1992

6. Kornreich C, Verbanck P, Fryns A, **Le Bon O**, Corten P, Pelc I: Vers une thérapeutique individualisée du toxicomane. Gestion des Drogues 2000. B De Ruyver et A. De Leenheer, MAKLU Uitgevers, Antwerpen, Apeldoorn (1994)
7. Hoffmann G, **Le Bon O**, Pelc I : Méthodologie de l'enregistrement du sommeil. In : Sommeil et troubles du sommeil, R. Cluydt and M. Kerkhofs (Eds) VUB Press, Bruxelles, 1994
8. Staner L, Luthringer R, **Le Bon O**. Sleep disturbances in affective disorders. In "Clinical pharmacology of sleep", Ed. by S.R. Pandi-Perumal and J.M. Monti; 2006 Birkhäuser Verlag, Switzerland

## **IX. REVIEWER**

- Archives of General Psychiatry
- American Journal of Physiology
- Neuro-psychopharmacology & Biological psychiatry
- Psychiatry Research
- Encéphale
- Clinical Neurophysiology
- International Journal of Neuropsychopharmacology
- Drug and Alcohol Dependence
- Pediatrics
- J. Psychosomatic Research
- Psychology of addictive behaviours
- J. Sleep Research
- Am. J. Drug and Alcohol Abuse

## **X. COMPUTING**

Creation of Software/applications :

- LABOSOM.FMP (Database for use in the SleepLab, FileMaker Pro)
- AGENDA.FMP Appointments for use in the SleepLab
- GASTON.FMP Software for the use of the GAF scale (DSM-IV)
- Several psychological scales put on software for use by patients (FMP)
- OLIVIER.WBT. Automatised data transfer from the Sleep analyser to a FileMaker Database (Wilson WindowWare – WinBatch)

Use of: WORD, EXCEL, POWERPOINT, OUTLOOK, PHOTOSHOP, FILEMAKER PRO, INTAGLIO, PIEZO, CAPTO, SPSS, STATVIEW, MAGIX CLEANIC, ++