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The autoimmune hypothesis of narcolepsy and its unexplored clinical features

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List of publications

Schinkelshoek MS, Smolders IM, Donjacour CE, van der Meijden WP, van Zwet EW, Fronczek R, Lammers GJ. Decreased body mass index during treatment with sodium oxybate in narcolepsy type 1. *J Sleep Res.* 2019 Jun;28(3):e12684. doi: 10.1111/jsr.12684. Epub 2018 Mar 4.

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Curriculum vitae

Mink Sebastian Schinkelshoek was born in Leiden, the Netherlands, on June 7, 1990 as Ria Bleeker's and Johan Schinkelshoek's first child. Two years later, his brother Job was born. He grew up in Voorhout.

In 2008 he finished secondary school at the Stedelijk Gymnasium Leiden *summa cum laude* and started studying Medicine at Leiden University in the same year. He soon became interested in Neurology and hence started working as a student-assistant at the Department of Anatomy in his second year, where he assisted in neuro-anatomy dissection courses to first-year medical students for 2 years. He acquired his Bachelor's degree in Medicine in 2011 and meanwhile started a Pre-Master Biomedical Sciences that prepared for the Master program of Biomedical Sciences at the same institute to ascertain whether biomedical research was a venue to be further explored. This Pre-Master and the following Master in Biomedical Sciences convinced him that pursuing a career in neurology combining both clinical work and research was his prime ambition. In 2015, he obtained both Medicine and Biomedical Sciences Master's degrees *cum laude*. During the last part of his clinical rotations he got in touch with narcolepsy research.

After graduating, he started working as a Neurology resident not in training in the Reinier de Graaf hospital in Delft. Meanwhile, the plan that eventually led to this thesis was forged in the months that he worked in Delft. In November 2016 the PhD on the autoimmune hypothesis started at the Department of Neurology of the Leiden University Medical Center and the Sleep-Wake Centre of Stichting Epilepsie Instellingen Nederland (SEIN) in Heemstede. In 2018, he was awarded the Young Investigator Award at the 7th International Symposium on Narcolepsy in Beverly, MA, USA for his work on the composition of the immune system in narcolepsy type 1. Additionally, he received several travel grants (EAN 2017 and EAN 2019) and won the Best Poster Award at the 2017 European Narcolepsy Day.

Mink Schinkelshoek and his partner Shita Bakker became parents of Ivar Schinkelshoek on 21 September 2019, they live in Voorhout. He is currently working as a resident in training at the Department of Neurology of the Leiden University Medical Center.

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