The goal of the Workshop is to attract the attention of young investigators, students and clinicians to the basic problems of somnology, the science of sleep. The Workshop will include review lectures of the latest research and modern methodological approaches covering a wide spectrum of sleep and wake mechanisms. The invited speakers are the leading Russian and foreign scientists. Young investigators' research data will be presented as posters and brief (3-5 min) oral speeches.

Workshop topics: Physiology and Psychophysicsiology of sleep, Neurochemistry of sleep, Mechanisms of sleep and wakefulness regulation, Circadian rhythms, Basic and applied aspects of sleep medicine. 6-7 lectures (45-min) are planned.

Invited speakers (preliminary):

- **Grote L.**, Prof., MD, PhD, Sleep Disorders Center, Department of Pulmonary Medicine, Sahlgrenska University Hospital, Gothenburg, Sweden.
- **Luppi PH.**, Prof., PhD, Lyon Neuroscience Research Center, Lyon, France.
- **Lyamin O.**, PhD, University of California, Los Angeles, USA; Severtsov Institute Ecology/Evolution RAS, Moscow, Russia.
- **Pigarev I.**, Prof., PhD, Kharkevich Institute for Information Transition Problems, Moscow, Russia.
- **Riemann D.**, Prof., PhD, Center for Sleep Research and Sleep Medicine, Freiburg University Medical Center, Freiburg, Germany.

Participation is free (there is no registration fee). Limited number of young participants (under 35 years) will receive a reimbursement of their travel and hotel expenses. Current information about the Workshop will be placed on the website [www.sleep.ru](http://www.sleep.ru)
Abstract submission

Deadline for abstract submission and registration: **July, 1**. Abstracts should be submitted by e-mail: sleepschool.rus2013@gmail.com. The name of the file should begin with the name of the first author (e.g. Jones.doc(rtf)). Poster size: 80x100 cm.

Abstract should be submitted in English. Microsoft Word 97-2003, Times New Roman 12, single interval, indent 0.5. Title by head letters, author(s) name and initials, affiliation, e-mail address. Miss 2 intervals, then type the body text. The body text (excluding Title, Authors and Affiliations) should be no longer than 300 words. No tables, formulas, figures, inferiors, formatting and citing list are allowed. Separate page of the document should contain participant’s personal information: full name, institution, degree (if any), address, telephone number, e-mail. Submitted papers will be reviewed.

Youth Organizing Committee chairs:

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Evgeniy V.Verbitskiy, Prof., PhD, Institute of Arid Zones SSC RAS, Rostov-on-Don, Vice-President of RSS

Vladimir B.Dorokhov, Prof., PhD, Institute of Higher Nervous Activity/Neurophysiology RAS, Moscow, Vice-President of RSS