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 will have the opportunity to present the results of their research as posters and brief (3-5 min) oral speeches. The teaching interactive seminars will be held to improve the writing ("how to write an article"), speaking ("how to make a presentation") and research organization skills ("how to plan and lead a research project").

Workshop topics: Physiology and Psychophysiology of sleep, Neurochemistry of sleep, Mechanisms of sleep and wakefulness regulation, Circadian rhythms, Basic and applied aspects of sleep medicine. 9-10 lectures (45-min) are planned.

Invited speakers (preliminary):

- Bassetti C.L., MD, PhD, Professor, Department of Neurology (Neurocentro), University Hospital (Inselspital) Bern, Switzerland
- Danilenko K.V., MD, PhD, Centre of Clinical Chronobiology, Research Institution of Therapy and Prevention Medicine of Siberian branch of RAMS, Novosibirsk, Russia
- Dogas Z., MD, PhD, Professor, Department of Neuroscience, University of Split School of Medicine, Split, Croatia
- Ferri R., MD, PhD, Professor, Sleep Research Centre; Department of Neurology IC, Oasi Institute for Research on Mental Retardation and Brain Aging (IRCCS), Troina, Italy
- Kalinkin A.L., MD, PhD, Sleep Medicine Centre, Federal Research and Medical Centre of Specialized Medical Care and Technology, Moscow, Russia
- Lin J.S., MD, DSc, Lyon Neuroscience Research Centre, Claude Bernard University, Lyon, France
- Nobili L., MD, PhD, Centre of Sleep Medicine, Niguarda Hospital, Milan, Italy
- Pigarev I.N., PhD, Kharkevich Institute for Information Transition Problems, Moscow, Russia
- Porkka-Heiskanen T., MD, PhD, Professor, Department of Physiology, University of Helsinki, Helsinki, Finland and others.

Participation is free (there is no registration fee). Limited number of young participants (under 35 years) will receive a reimbursement of their travel and accommodation expenses. Current information about the Workshop will be placed on the websites www.sleep.ru and www.almazovcentre.ru
Abstract submission

Deadline for abstract submission and registration: **December 31, 2014**. Abstracts should be submitted by e-mail: sleepschool2015@gmail.com. The name of the file should begin with the name of the first author (e.g. Jones.doc(rtf)). 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 out 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:**

Chairperson: Lyudmila Korostovtseva, MD, PhD, Federal Almazov Medical Research Centre, St Petersburg, Russia  
Tel: +7 921 787 3548, e-mail: korostovtseva@almazovcentre.ru  
Co-Chairperson: Elizaveta Rutskova, PhD, Institute of Higher Nervous Activity/Neurophysiology RAS, Moscow, Russia  
Tel: +7 926 2463063, e-mail: erutskova@gmail.com  
Vice-Chairperson: Irina Zavalko, MD, Institute of Biomedical problems, Moscow, Russia  
Tel: +7 910 4345597, e-mail: i1rusakova@gmail.com  
Co-Vice-Chairperson: Mikhail Bochkarev, MD, PhD, Federal Almazov Medical Research Centre, St Petersburg, Russia  
Tel: +7 981 7003974, e-mail: somnology@almazovcentre.ru  
Co-Vice-Chairperson: Ksenia Lapshina, PhD, the Institute of the Evolutionary Physiology and Biochemistry b.a. I.M. Sechenov, St Petersburg, Russia  
Tel.: +7 921 373 36 88, e-mail: ksenia.lapshina@gmail.com

**Program committee**

Vladimir M. Kovalzon, PhD, Professor, Severtsov Institute Ecology/Evolution RAS, Moscow, President of the Russian Society of Somnologists (RSS)  
Evgeniy V. Shlyakhto, MD, PhD, Professor, Academician of Russian Academy of Sciences, the President of Russian Society of Cardiology, Federal Almazov Medical Research Centre, St Petersburg, Russia  
Yurii V. Sviryaev, MD, PhD, Federal Almazov Medical Research Centre, St Petersburg, Russia  
Vladimir B. Dorokhov, PhD, Professor, Institute of Higher Nervous Activity/Neurophysiology RAS, Moscow, Vice-President of RSS  
Gennadiy V. Kovrov, MD, PhD, Professor, MD, Sechenov First Moscow State Medical University, Moscow, Vice-president of RSS  
Evgeniy V. Verbitskiy, MD, PhD, Professor, Institute of Arid Zones SSC RAS, Rostov-on-Don, Vice-President of RSS  
Aleksandra O. Konradi, MD, PhD, Professor, Federal Almazov Medical Research Centre, St Petersburg, Russia  
Yurii F. Pastukhov, PhD, Professor, the Institute of the Evolutionary Physiology and Biochemistry b.a. I.M. Sechenov, St Petersburg, Russia