



The 8th International Youth Workshop
“Sleep: a window to the world of wakefulness”

14-16 May 2015

Almazov Federal North-West Medical Research Centre

Russian Society of Somnologists

Russian Society of Cardiology



Address: Almazov Federal North-West Medical Research Centre, 2 Akkuratov street, 6th floor,
Hall “Library” (“Biblioteka”), St Petersburg, Russia

14 May 2015 (Thursday)

8:30 – 9:15	Registration
9:15 – 9:30	Welcoming speech
9:30 – 10:15	<i>Jian-Sheng Lin</i> , DSc, MD, Professor (Lyon, France) Wakefulness and its disorders, control by histamine via the H3-receptor.
10:15 – 11:00	<i>Luigi Lino Nobili</i> , MD, PhD, Professor (Milan, Italy) Boundaries between sleep and wakefulness (local sleep).
11:00 – 11:30	Coffee break
11:30 – 13:00	<u>Chronobiology and circadian rhythms.</u> Chair: Phyllis Zee, MD, PhD, Professor (Chicago, IL, USA). <i>Phyllis Zee</i> , MD, PhD, Professor (Chicago, IL, USA) Circadian rhythms: implications for metabolic and brain health. <i>Konstantin Danilenko</i> , MD, PhD (Novosibirsk, Russia) Chronobiology in medicine: from experiments to clinic. Discussion
13:00 – 14:15	Lunch
14:15 – 16:15	<u>Round table: Sleep research and sleep medicine – organization.</u> Chair: Claudio L. Bassetti, MD, PhD, Professor (Bern, Switzerland). <i>Claudio L. Bassetti</i> , MD, PhD, Professor Future of sleep research and sleep medicine (Europe): A need for academic multidisciplinary sleep centers. <i>Rodolfo Soca</i> , MD (Minneapolis, MN, USA) Sleep medicine in the United States of America: current organization and training. <i>Alexander Kalinkin</i> , MD, PhD (Moscow, Russia) Organization of sleep laboratory in Russia: experience and perspectives for development. Discussion
16:15 – 16:45	Coffee break
16:45 – 17:30	<i>Rodolfo Soca</i> , MD (Minneapolis, MN, USA) Sleep-disordered breathing.
17:30 – 19:00	Poster session 1

15 May 2015 (Friday)

9:00 - 9:45	<i>Robert Ross-Russell</i> , MD (London, Great Britain) Sleep studies in children – a UK perspective.
9:45 – 10:30	<i>Tarja Porkka-Heiskanen</i> , MD, PhD, Professor (Helsinki, Finland) Sleep in elderly.
10:30 – 11:00	Coffee break
11:00 – 11:45	<i>Konstantin Danilenko</i> , MD, PhD (Novosibirsk, Russia) Melatonin and its use for cardiovascular diseases.
11:45 – 12:30	<i>Claudio L. Bassetti</i> , MD, PhD, Professor (Bern, Switzerland) Sleep and neurology: clinical and neurobiological aspects.
12:30 – 13:20	Coffee-break
13:20 – 14:05	<i>Miguel Meira e Cruz</i> , DDS, MSc (Torres Vedras, Portugal) Oral appliance therapy for sleep related breathing disorders.
14:05 – 14:50	<i>Ingo Fitze</i> , MD, PhD, Professor (Berlin, Germany) Primary and secondary insomnia.
15:00-22:00	Social event: Guide-tour to the Palace at Tsarskoye Selo (Pushkin), the suburb of St Petersburg. Dinner Departure from Federal North-West Medical Research Centre to Pushkin (meeting point at the entrance) at 15:00.

16 May 2015 (Saturday)

9:00 – 10:30	Meeting of the Russian Society of Somnologists (for members)
10:30 – 10:50	Coffee break
10:50 – 11:35	<i>Alexander Kalinkin</i> , MD, PhD (Moscow, Russia) A novel snore-based tool for sleep breathing disorders diagnostics method (in Russian).
11:35 – 12:20	<i>Zhanna Kaliadzich</i> , MD, PhD (Minsk, Belarus) Surgical treatment of obstructive sleep apnea syndrome: an ENT expert opinion (in Russian).
12:20 – 13:30	Lunch
13:30 – 14:15	<i>Ivan Pigarev</i> , PhD, DSc (Moscow, Russia) Strong inference in basic somnology.
14:15 – 15:00	<i>Michael Galagoudza</i> , MD PhD, DSc, Professor (St Petersburg, Russia) How to publish your data and prepare successful grant application? Russian perspective.
15:00 – 15:30	Coffee break
15:30 – 16:15	<i>Tarja Porkka-Heiskanen</i> , MD, PhD, Professor (Helsinki, Finland) How to write a good publication.
16:15 – 17:45	Poster session 2
17:45 – 18:00	Closing remarks