

European Sleep Research Society

1972 – 2012

40th Anniversary of the ESRS

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The National Sleep Societies

RUSSIAN FEDERATION



Rossiyskoe obshchestvo somnologov Russian Society of Somnologists



Current President: Prof. Dr. Vladimir Kovalzon

Foundation year	2007
Webpage	www.sleep.ru
Number of members	70
Composition of members (degree, specialties, subspecialties, etc.)	PhD., M.D., M.S. and postgraduate students, neuroscientists, psychophysicists, neurologists who are professionally engaged in animal sleep, sleep studies in healthy humans or in clinical sleep research in patients.
Historical perspective of the society	After the death of Prof. Aleksandr Vein in 2003, the leader of sleep medicine and human sleep physiology in Russia, the International Somnological Society of the Commonwealth of Independent States which he had founded and chaired in 1996, expired. At this time, the national laws were changed and the legislative base of the society did not exist any more. Trying to create a new professional organization, we established a somnological section at the Pavlovian Physiological Society of the Russian Academy of Sciences. We named our section the "Russian Somnological Society" because at that time there existed no other professional organization for sleep research and sleep medicine in Russia. Nevertheless, the National Society for Somnology and Sleep Medicine led by Yakov Levin (the 1 st State Medical University, Moscow) which unites mostly medical doctors (neurologists, pneumologists and others), was founded in Moscow in 2010. The latter organization now continues to support the conferences entitled "Actual problems of somnology" every second year, started by Prof. A. Vein as early as 1998. The 8 th Conference will take place in Moscow, November 22 – 23, 2012. After the sudden death of Prof. Levin on March, 31, 2012, the Society is now led by his successor Mikhail G. Poluektov, M.D. Integration of both Societies into the Russian Sleep Federation is now under discussion among the members.
Important sleep physicians / researchers in the history of the NSS	Nikolay I. Grashchenkov (died in 1966) organized the Laboratory of Nervous and Humoral Regulations in the USSR Academy of Sciences in Moscow; Aleksandr M. Vein (died in 2003), the founder of sleep medicine and human sleep physiology in Russia, and Lev Latash (died in 2002 in the U.S.A.); Aleksandr N. Shepovvalnikov, the author of the first Russian monograph "Activity of the sleeping brain" (1971) who is actively working as before at the Sechenov Institute of Evolutionary Physiology and Biochemistry, Russian Academy of Sciences, S.-Petersburg; Aleksandr B. Kogan (died in 1989), the chief of the physiology school in Rostov-on-Don; Tengiz N. Oniani (died in 2012), the chief of the Georgian sleep school, Tbilisi.
Number of Sleep Medicine Centers (link to their titles and locations)	About 50 Sleep Medicine Centers in Russia, including more than 20 centers in Moscow, the most important of them led by: A.L. Kalinkin http://www.sleeplab.ru ; M.G. Poluektov http://www.sleepmed.ru ; R.V. Buzunov www.sleepnet.ru ; G.V. Kovrov http://www.mma.ru/rescenter/resdep/patvns ; M.V. Agaltzov http://www.gnicpm.ru .
Number of Sleep Research Centers (link to their titles and locations)	7 Sleep Research Centers, among them located at: Sechenov Institute Evolutionary Physiology/Biochemistry, Russian Academy of Sciences (RAS), S.-Petersburg (3 labs); Institute Higher Nervous Activity/Neurophysiology, RAS, Moscow (1 lab); Severtsov Institute Ecology/Evolution, RAS, Moscow (2 groups); Kharkevich Institute Information Transmission, RAS, Moscow (1 group); Sechenov 1 st Moscow State Medical University (4 clinical research groups); Southern Federal University, Rostov-on-Don (1 lab), Southern Scientific Center, RAS, Rostov-on-Don (1 lab).
Accreditation / Certification procedure	At Sechenov 1 st Moscow State Medical University, Dept. Nervous Diseases. The procedures of accreditation of sleep medicine centers and certification of sleep medicine experts are now in the process of elaboration in accordance to domestic guidelines.

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Educational programs

Sechenov 1st Moscow State Medical University (Dept. Nervous Diseases) sleep medicine education program for graduated students; Lecture courses and postgraduate students at: Lomonosov Moscow State University (Psychological and Fundamental Medical Faculties); Southern Federal University, Rostov-on-Don.

Postgraduate students also at: Sechenov Institute Evolutionary Physiology/Biochemistry, RAS, S.-Petersburg; Institute Higher Nervous Activity/Neurophysiology, RAS, Moscow; Southern Scientific Center, RAS, Rostov-on-Don.

Present activities, working groups, task forces

Sechenov Inst. Evolutionary Physiology/Biochemistry, RAS, S.-Petersburg:

- Y.F. Pastukhov and his lab (molecular mechanisms of sleep in mammals and birds);
- G.A. Oganessyan and his lab. (phylo- and ontogenetic aspects of sleep-wake regulation, interrelation between sleep and epilepsy);
- A.N. Shepovalnikov and his group (human EEG in waking, sleeping and altered states of consciousness).

Southern Federal University, Rostov-on-Don:

- A.A. Burikov and his lab. (sleep-wake neurophysiology in humans and animals).

Southern Scientific Center, RAS, Rostov-on-Don:

- E.V. Verbitskiy and his lab. (sleep and anxiety in humans, sleep in mammals).

Severtsov Inst. Ecology/Evolution, RAS, Moscow:

- L.M. Mukhametov and his group (sleep-wake characteristics in marine mammals);
- V.M. Kovalzon and his group (sleep disturbances in experimental models of important diseases).

Kharkevich Institute Information Transmission, RAS, Moscow:

- I.N. Pigarev (autonomic influences upon animal sleep).

Institute Higher Nervous Activity/Neurophysiology, RAS, Moscow:

- V.B. Dorokhov and his lab (effects of stress and tiredness on human sleep; sleep and memory in humans and animals).

Sechenov 1st Moscow Medical University:

- Scientific Center, Department of Pathology of the Autonomic Nervous System, directed by Prof. G.V. Kovrov (Neurology of sleep-wake disorders. Neurophysiological & psychological studies of sleep and adaptation during international experiments on extended human isolation in a framework of the Programs MARS-105 & MARS-500, 2008-2011).
- Faculty of Postgraduate Professional Education of the Physicians, Department of Nervous Diseases, directed by Prof. V.L. Golubev (Sleep disorders).

Moscow Center of Sleep Medicine, directed by Dr. M.G. Poluektov:

- (Studies and treatment of insomnia, snoring, sleep apnoe, movement disorders during sleep, sleep disorders in epilepsy, sleep and stress, sleep disorders in children).

Hospital No. 83 of the Federal Medical-Biological Agency, Sleep Disorders Center, directed by

Dr. A.L. Kalinkin (Snoring and other breathing disorders during sleep, insomnia, hypersomnia, movement disorders during sleep, sleep-related epilepsy, sleep-related headache, sleeptalking).

Clinical Sanatorium "Barvikha" of the Administration of Affairs of the President of the Russian Federation, Sleep Medicine Division, directed by Prof. R.V. Buzunov (snoring and sleep apnoe, sleep and driving, insomnia, restless legs, circadian disturbances, other sleep disorders).

The Center for Prevention Medicine, Somnology lab, directed by Dr. M.V. Agaltzov (the study of sleep in patients, treatment of snoring and sleep apnoe).

Miscellaneous

The activity of our society is directed mainly to organizing the International Sleep Workshops "Sleep as a window to the world of wakefulness" in Moscow or Rostov-on-Don in the odd years, supported by IBRO and some Russian foundations. The last, 6th workshop took place in October, 6-8, 2011, in Moscow. Total amount of registered participants was 65, coming from Belgium, Belorussia, Czech Rep., Finland, Germany, Holland, Italy, Canada, Romania, Ukraine, USA and 4 cities of Russia.