



SECHENOV
UNIVERSITY

I.M. Sechenov First Moscow State Medical University
Chair of nervous diseases and neurosurgery
Department of Sleep Medicine
Chair of Nervous Diseases of Institute of Professional Education
Russian Society of Sleep Medicine
National Society of Pediatric Sleep Specialists
Russian Society of Dream Researchers
Section of Somnology of I.P. Pavlov Russian Physiological Society

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PROGRAM

15 November, Thursday

08:30 – 09:00. Registration.

09:00 – 09:15. Welcome speech.

09:15 – 10:45. **NEW IN SOMNOLOGY.** M.G. Poluektov (Moscow), E.A. Korabelnikova (Moscow), F. Han (China) (*SYMPOSIUM 1, Pirogov Hall*)

09:15 – 10:00. Lecture. F. Han (China). IMMUNE MECHANISMS OF NARCOLEPSY

10:00 – 10:45. Lecture. I.V. Zhdanova (Boston). INNER CLOCK OF HEALTH AND DISEASE

10:45 – 11:00. Coffee break

11:00 – 12:45. **FUNDAMENTAL PROBLEMS OF SOMNOLOGY.** V.M. Kovalzon (Moscow), V.B. Dorokhov (Moscow), E.V. Verbitsky (Rostov-on-Don) (*SYMPOSIUM 2, Pirogov Hall*)

1. Kovalzon V.M. (Moscow) ON POSSIBLE ROLE OF PANNEXIN-1 PROTEIN IN SLEEP-WAKE CYCLE REGULATION
2. Sumsky L.I. (Moscow) REVISITING THE POSSIBILITY OF LOCAL SLEEP
3. Guzeev M.A. (St. Petersburg) REDUCTION OF MOTOR ACTIVITY DURING SLEEP AS A SIGN OF THE EARLY STAGE OF NEURODEGENERATION IN A MODEL OF PARKINSON'S DISEASE IN RATS
4. Romanova I.V. (St. Petersburg) PARTICIPATION OF THE MELANOCORTIN SYSTEM IN REGULATION OF THE WAKE-SLEEP CYCLE
5. Limanskaya A.V. (Moscow) POLYSOMNOGRAPHIC STUDY OF THE CENTRAL SLEEP APNEA IN NORMAL CATS
6. Blokhin I.S. (Moscow) EFFECTS OF WEAK EXTREMELY LOW-FREQUENCY ELECTROMAGNETIC FIELD ON HUMAN SLEEP
7. Alekseeva O.V. (Krasnoyarsk) ASSOCIATION OF POLYMORPHISM Q223R IN LEPTIN RECEPTOR GENE WITH THE SEVERITY OF OBESITY IN SLEEP APNEA/HYPOPNEA SYNDROME
8. Duminskiy V.Yu. (Tula) DOES SMOKING INFLUENCE ON THE QUALITY OF SLEEP IN YOUNG PEOPLE?

12:45 – 13:15. Lunch.

13:15 – 15:15. **SLEEP MEDICINE.** O.S. Levin (Moscow), O.V. Tikhomirova (St. Petersburg), E.Z. Yakupov (Kazan) (*SYMPOSIUM 3, Pirogov Hall*)

1. Levin O.S. (Moscow) ROSEN-VIRCHOW SPACES: FROM DUSK TILL DAWN.
2. Yakupov E.Z., Troshina Yu.V. (Kazan) DOES THE SLEEP PRODUCE MONSTERS?
3. Korabelnikova E.A. (Moscow) INSOMNIA IN PATIENTS WITH ANXIETY DISORDER.

4. Tikhomirova O.V. (St. Petersburg) CLINICO-LABORATORY JUSTIFICATION OF MELATONIN USAGE IN METABOLIC SYNDROME
5. Nodel M.R. (Moscow) SLEEP DISORDERS AS PROGNOSTIC FACTOR IN PARKINSON'S DISEASE
6. Buniatyan M.S. (Moscow) OBSTRUCTIVE SLEEP APNEA: A PATIENT PROBLEM OR A THEAT TO PUBLIC SAFETY?
7. Meitel I.Yu. (Moscow) NEW WAYS OF CONSERVATIVE TREATMENT OF OBSTRUCTIVE SLEEP APNEA IN CHILDREN
8. Koreshkina M.I. (St. Petersburg) MIGRAINE AND SLEEP.

15:15 – 15:30. Break.

15:30 – 17:00. **RESPIRATORY SLEEP MEDICINE.** I. Fietze (Germany), M.G. Poluektov (Moscow) (*SYMPOSIUM 4, Pirogov Hall*)

1. I. Fietze (Germany) CONTEMPORARY TENDENCIES AND INVESTIGATIONS IN THE DIAGNOSTICS AND TREATMENT OF SLEEP DISORDERS
2. S. Schädlich (Germany) CPAP, APAP, BIPAP, ASV – WHEN, WHAT AND WHY?
3. Sviryaev Yu.V. (St. Petersburg) ADAPTIVE SERVOVENTILATION IN THE PATIENT WITH PERSISTENT FORM OF ATRIAL FIBRILLATION AND CENTRAL SLEEP APNEA (CLINICAL CASE)
4. Agaltsov M.V. (Moscow) PREVALENCE OF SLEEP-RELATED BREATHING DISTURBANCES IN PATIENTS AFTER CATHETER-BASED TREATMENT OF ATRIAL FIBRILLATION
5. Palman A.D. (Moscow) RESPIRATORY SUPPORT OUTSIDE ICU: FICTION OR REALITY?
6. Rauhala K. (Finland) HOW TO CHOOSE A MASK FOR A PATIENT WHICH WILL PROVIDE COMFORT OF CPAP-THERAPY.
7. Vuorela J. (Finland) FUTURE LOOK ON THE MOBILE APPS FOR THE REMOTE CONTROL OF EFFICACY FOR AIR-MINI. REMOTE CONTROL AND ADJUSTMENT FOR S10 SERIES.

16 November, Friday

08:30 – 09:00. Registration.

09:00 – 11:00. **SLEEP DISORDERS** U. Kallweit (Germany), M.G. Poluektov (Moscow), Yu.V. Sviryaev (St. Petersburg) (*SYMPOSIUM 5, Pirogov Hall*)

09:00 – 09:40. Lecture. U. Kallweit (Germany) HYPERSOMNIA.

1. Verbitsky E.V. (Rostov-on-Don) GENETIC DETERMINANTS OF INSOMNIA AND THEIR ASSOCIATION WITH ANXIETY
2. Buzunov R.V. (Moscow) INSOMNIA IN THE CLINIC OF INTERNAL DISEASES
3. Poluektov M.G. (Moscow) THE PROBLEM OF COMORBIDITY IN INSOMNIA
4. Fadeeva M.I. (Moscow) THE OPPORTUNITIES TO WEIGHT REDUCTION IN OBSTRUCTIVE SLEEP APNEA
5. Obukhova A.V. (Moscow) THE PROJECT OF CLINICAL RECOMMENDATIONS ON DIAGNOSIS AND TREATMENT OF RESTLESS LEGS SYNDROME

11:00 – 11:15. Coffee break

11:15 – 12:45. **SLEEP-RELATED BREATHING DISTURBANCES.** R.V. Buzunov (Moscow), A.Yu. Litvin (Moscow), I.M. Madaeva (Irkutsk) (*SYMPOSIUM 6, Pirogov Hall*)

1. Litvin A.Yu. (Moscow) CARDIOVASCULAR COMPLICATIONS OF OBSTRUCTIVE SLEEP APNEA
2. Buzunov R.V. (Moscow) ORGANIZATION OF SOMNOLOGICAL SERVICE IN A MULTIDISCIPLINE MEDICAL CENTRE: NOTHING IS IMPOSSIBLE.
3. Madaeva I.M. (Irkutsk) GENDER PECULIARITIES OF SLEEP ORGANIZATION IN OBSTRUCTIVE SLEEP APNEA
4. Kulikov A.N. (St. Petersburg) “OBESE PHENOTYPE” IN PATIENTS WITH CHRONIC CARDIAC FAILURE WITH PRESERVED EJECTION FRACTION – FROM OUTSIDERS TO LEADERS, WHY?
5. Medvedeva E.A. (St. Petersburg) SLEEP-DISORDERED BREATHING IN HEART FAILURE PATIENTS: MODERN ASPECTS OF PROGNOSIS, DIAGNOSIS AND TREATMENT
6. Gorbunova M.V. (Moscow) OBSTRUCTIVE SLEEP APNEA AND RESISTANT ARTERIAL HYPERTENSION: EFFECTIVE THERAPY.

11:15 – 12:45. **COGNITIVE-BEHAVIOR THERAPY OF INSOMNIA AND COMORBIDITIES.** E.I. Rasskazova (Moscow), P.V. Pchelina (Moscow) (*SYMPOSIUM 7, Abrikosov Hall*)

1. Pavlova T.S. (Moscow) COGNITIVE-BEHAVIOR THERAPY OF INSOMNIA: THE FIRST, SECOND AND THIRD WAVES

2. Rasskazova E.I. (Moscow) EFFICIENCY OF VARIOUS SLEEP AND WAKE IMPROVING STRATEGIES FOR HEALTH
3. Pchelina P.V. (Moscow) NOVEL APPROACHES TO COGNITIVE-BEHAVIOR THERAPY OF INSOMNIA: SHORTEN PROCEDURES AND REMOTE THERAPY
4. Melyokhin A.I. (Moscow) COGNITIVE-BEHAVIOR THERAPY IN THE TREATMENT OF INSOMNIA AND RESTLESS LEGS SYNDROME
5. Golovachyova V.A. (Moscow) COGNITIVE-BEHAVIOR THERAPY OF INSOMNIA COMORBID WITH PAIN SYNDROMES
6. Discussion.

12:45 – 13:15. Lunch.

13:15 – 15:00. **CHRONOBIOLOGY AND SLEEP.** A.A. Putilov (Novosibirsk), V.B. Dorokhov (Moscow) (*SYMPOSIUM 8, Pirogov Hall*)

13:15 – 14:00. Lecture. A.A. Putilov (Novosibirsk) SOCIAL JET LAG – A MYTH OF XXI CENTURY

1. Donskaya O.G. (Novosibirsk) A BUILDUP OF OBJECTIVE (ELECTRO-ENCEPHALOGRAPHIC) INDEX OF SLEEPINESS IS LAGGING BY THREE HOURS BEHIND A RISE OF FEELING SLEEPY
2. Budkevich R.O. (Stavropol) SLEEP-WAKE CYCLE PECULIARITIES AMONG RESIDENTS OF ECOLOGICALLY UNFAVORABLE CONDITIONS
3. Bochkarev M.V. (St. Petersburg) SLEEP-WAKE RHYTHM AND RISK FACTORS OF CARDIOVASCULAR DISEASES
4. Puchkova A.N. (Moscow) CIRCADIAN DISRUPTION, SLEEP AND METABOLISM DISORDERS: A HIDDEN VICIOUS CYCLE.
5. Kolomeychuk S.N. (Petrozavodsk) THE ROLE OF MELATONERGIC SLEEP REGULATION IN CARDIOVASCULAR PATHOLOGY
6. Discussion.

13:15 – 15:00. **PROBLEM ISSUES IN CHILD SLEEP CONSULTANTS' PRACTICE (INTERACTIVE SESSION)** N.N. Korableva (Syktyvkar), I.M. Zavalko (Moscow), N.V. Sagitova (Moscow), Snegovskaya O.S. (Moscow) (*SYMPOSIUM 9, Abrikosov Hall*).

1. Turkina E.D. (Moscow) SLEEP-WAKE CIRCADIAN RHYTHM IN INFANTS OF THE FIRST YEAR OF LIFE: WHAT IS NOT TAKEN INTO CONSIDERATION BY COMMON RECOMMENDATIONS
2. Ostroverkhova A.M. (Voronezh) CRYING AND STRESS. PHYSIOLOGICAL ROLE OF INFANT CRYING
3. Zavalko I.M. (Moscow) BEHAVIORAL TREATMENTS WITH CRYING IGNORING: PRO, CONTRA AND ALTERNATIVES
4. Dolmanova Yu.V. (Minsk) LIMITS OF COMPETENCE IN BEHAVIORAL TREATMENT OF DISORDERED SLEEP IN CHILDREN

5. Nadyakina N.N. (Moscow) NONTRADITIONAL APPROACH TO SOLVE PROBLEMS WITH SLEEP IN INFANTS OF THE FIRST 3 YEARS OF LIFE IN PRACTICE OF NEUROLOGIST

15:00 – 15:15. Coffee break

15:15 – 17:15. **CHILD SLEEP.** Yu.I. Kravtsov (Perm), I.A. Kelmanson (St. Petersburg), (*SYMPOSIUM 10, Pirogov Hall*).

1. Kelmanson I.A. (St. Petersburg) FUNCTIONAL ROLE OF SLEEP FOR INFANT DEVELOPMENT: CONTEMPORARY VIEW
2. Korableva N.N. (Syktyvkar) ORGANIZATION OF INFANT SLEEP FROM THE POINT OF SAFETY AND COMFORT
3. Anisimov G.V. (Perm) CLINICAL AND POLYSOMNOGRAPHIC FEATURES OF OBSTRUCTIVE SLEEP APNEA IN CHILDREN
4. West K. (USA) AUTHOR'S METHOD TO TREAT CHILDHOOD BEHAVIORAL INSOMNIA: THE EFFEVTIVENESS IN VARIUOS AGE GROUPS. META-ANALYSIS
5. Snegovskaya O.S (Moscow) SAFETY AND EFFICIENCY OF BEHAVIORAL THERAPY OF PEDIATRIC INSOMNIA.

15:15 – 17:15. **DREAMS.** E.A. Korabelnikova (Moscow), S.V. Avakumov (St. Petersburg) (*SYMPOSIUM 11, Abrikosov Hall*)

1. Pigarev I.N. (Moscow) DREAMS AND SOMATIC PATHOLOGY IN THE CONTEXT OF VISCERAL THEORY OF SLEEP
2. Korabelnikova E.A. (Moscow) THE INFLUENCE OF NEUROLOGICAL PATHOLOGY ON DREAMS
3. Avakumov S.V. (St. Petersburg) DREAMS AND PSYCHOPATHOLOGY
4. Rymsh A.Z. (Germany) DREAMS OF PATIENTS WITH ANXIOUS DISORDER
5. Pudikov I.V. (Moscow) DREAM FEATURES IN POSTTRAUMATIC STRESS DISORDER
6. Filippova G.G. (Moscow) SLEEP AND DREAM CONTENT IN PREGNANCY
7. Short reports

Shaposhnikova D.V. (St. Petersburg) DREAMING PROCESS AS A METAPHORIC REPRESENTATION OF SUBJECTIVE EXPERIENCE. NEURODYNAMIC RESERCH AND PSYCHOANALYSIS.

Lisavtsova E.V. (St. Petersburg) DREAM CONTENT OF PERSONS WITH EXPRESSED AFFECTIVE CHARACTERISTICS

Arkharova Ya.B. (St. Petersburg) DREAM PECULIARITIES OF AGED PERSONS

17:15 – 17:30. Closing ceremony.

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