

CURRICULUM VITAE

PERSONAL INFORMATION

Name, Family Name	Nato Darchia
Date of birth	July 16, 1968
Contact Information	T.: 599 961494 (cell); e-mail: nato.darchia@iliauni.edu.ge
Marital Status	Married

EDUCATION & PROFESSIONAL DEGREES

• Dates (from – to)	2006
• Name and type of organisation	I.Beritashvily Institute of Physiology
• Type of qualification awarded	Doctor of Sciences (<i>Fundamental Neurosciences</i>)
• Dates (from – to)	1991-1994
• Name and type of organisation	PhD studies, I.Beritashvily Institute of Physiology
• Type of qualification awarded	PhD , Candidate of Biological sciences (Human and Animal Physiology), 1995
• Dates (from – to)	1986-1991
• Name and type of organisation	Iv. Javakhishvili Tbilisi State University, Tbilisi, Georgia
• Type of qualification awarded	Equivalent to M.Sc. , Biologist, Specialist of Biology and Chemistry

PROFESSIONAL TRAINING

- Dates (from – to)
- Name and type of organisation
- Type of qualification awarded

2001 (5 months)

Gui de Chauliac Hospital, Department of Neurology, Montpellier, France

Visiting Research Scientist

EMPLOYMENT

- Dates (from – to)
 - Employer
- Rank/Position held

2013-present

Ilia State University, Tbilisi, Georgia

Full Professor

- Dates (from – to)
 - Employer
- Rank/Position held

2010-2013

Ilia State University, Tbilisi, Georgia

Associate Professor

- Dates (from – to)
 - Employer
- Rank/Position held

2009-2010

Ilia State University, Tbilisi, Georgia

Research Associate

- Dates (from – to)
 - Employer
- Rank/Position held

2004- 2010

I.Beritashvili Institute of Physiology

Senior Research Scientist

- Dates (from – to)
 - Employer
- Rank/Position held

2002- 2004

University of California, Davis, Department of Psychiatry, Sleep Lab., CA, USA

Postdoctoral Fellow

- Dates (from – to)
 - Employer
- Rank/Position held

1995-2002

I.Beritashvili Institute of Physiology

Research Scientist

- Dates (from – to)
 - Employer
- Rank/Position held

1995-2000

Tbilisi Medical Institute “Sakartvelo”

Lecturer Assistant in Neurophysiology

- Dates (from – to)
- Employer
- Rank/Position held

1994-1995

I.Beritashvili Institute of Physiology
Junior Research Scientist

RESEARCH

Last 10 Years:

Research Grants:

2017-2020: Shota Rustaveli National Science Foundation, FR17_94,

Principal Investigator

2016-2017: Swiss National Science Foundation, Program SCOPES,

Valorisation Grant #IZ76Z0_165492, **Georgian Coordinator**

2013-2016 Shota Rustaveli National Science Foundation Research

Grant (FR/485/7-274/12), **Key Personnel**

2017-2020: Shota Rustaveli National Science Foundation, FR17_94,

Principal Investigator

2011-2014: Swiss National Science Foundation Institutional Partnership

Project #IZ74Z0_137415, Program SCOPES, **Georgian Coordinator**

2009-2011: STCU and Georgian National Science Foundation joint

project (grant #5008), **Principal Investigator**

2008 - 2010: Georgian National Science Foundation Research Grant

(# GNSF/ST07/6-237), **Principal Investigator**

Grants for Scientific Events:

2019 – Grant for organization International Scientific Events MG-ISE-19-

257 - "Advances in Neuroscience – A Multidisciplinary event" - **Project**

Coordinator

Travel Grants:

2019, 2017, 2013, 2012 – Shota Rustaveli National Science Foundation of Georgia

**OTHER PROFESSIONAL
ACTIVITIES**

- 2018** – Dissertation These Advisor
2014 - Organizer of the International Sleep Training Summer School, June 23-28, Chakvi, Georgia
2012 - Organizer of the International Sleep Training Summer School, July 2-6, Tbilisi, Georgia
2006 - External reviewer of Tbilisi State University Magistry Programm

**ACADEMIC AND RELATED
AWARDS**

- 2018-2021** - Scholar of the Georgian National Academy of Sciences
2004 - European Sleep Research Society (ESRS)-Sanofi-Synthelabo Research Grant Award
2002- IBRO Fellowship Against Brain-Drain Program
2001- European Network of Sleep Training Laboratories Grant Award
2001 - Fellowship of the Gouvernement of France (EGIDE)
2000-2003 - Fellowship of President of Georgia

SYMPOSIAS AND SEMINARS

- Last 10 years:**
2019- 32nd ECNP Congress, Copenhagen, Denmark
2019 - The 10th IBRO World Congress of neuroscience, Daegu, Korea
2019 - International Symposium “Brain and Neuroplasticity”, Tbilisi, Georgia
2017 - World Sleep Congress 2017, Prague, Czech Republic
2016 - 23rd European Congress on Sleep Research, Bologna, Italy
2014 - International Sleep Training Summer School, Chakvi, Georgia
2013 – 5th World Congress on Sleep Medicine, Valencia, Spain
2013 – Neuroscience 2013, San Diego, USA
2013 - FENS-IBRO Open Format School, Kazbegi, Georgia
2012 – 21st European Congress on Sleep Research, Paris, France
2012 – Associated Professional Sleep Societies 26th Meeting, Boston, USA
2011 - 8th IBRO World Congress of Neurosciene, Florence, Italy
2011 - Neuroscience 2011, Washington DC, USA

**MEMBERSHIP
OF PROFESSIONAL SOCIETIES**

Sleep Research society - **SRS**
European Sleep Research Society - **ESRS**;
International Brain Research Organization - **IBRO**
Federation of European Neuroscience Societies – **FENS**
Georgian Sleep Research Association
Georgian Neuroscience Association
Georgian Physiological Society
Society for Neuroscience (**SFN**) - 2007-2014

LANGUAGES

Georgian – native
English – fluent
Russian – fluent
French –Fair

PUBLICATIONS

See Annex 1

Publications - last 10 years:

Citation index: 418 (<https://scholar.google.com>)

Articles:

1. Darchia, N., Oniani, N., Sakhelashvili, I., Supatashvili, M., Basishvili, T., Elioizishvili, M., Maisuradze, L., Cervena, K. Relationship between Sleep Disorders and Health Related Quality of Life-Results from the Georgia SOMNUS Study. *Int J Environ Res Public Health*. 2018;15(8):1588. Published 2018 Jul 26. doi:10.3390/ijerph15081588
2. Sakhelashvili, I., Elioizishvili, M., Oniani, N., Darchia, N., Brunie, O. Sleep and Psycho-Behavioral Problems in Internally Displaced Children in Georgia. *Sleep Medicine*, 2018, 50:42-47. doi: 10.1016/j.sleep.2018.05.013.
3. Darchia, N., Elioizishvili, M., Maisuradze, L., Lortkipanidze, N., Basishvili, T., Tsuladze, T., Oniani, N. Sleep, stress and psychological distress in internally displaced persons in Georgia. *Proc. Georgian Nat. Acad. Sci., Biomed Series*, 2018, 44(3-4):117-127
4. Maisuradze, L., Oniani, N., Darchia, N., Lortkipanidze, N. Pros and Cons of two strategies for nonchemical REM sleep deprivation. *Proc. Georgian Nat. Acad. Sci., Biomed Series*, 2018, 44(3-4):181-193
5. Sakhelashvili, I., Elioizishvili, M., Basishvili, T., Datunashvili, M., Oniani, N., Cervena, K and Darchia. Sleep-wake Patterns and Sleep quality in urban Georgia. *Translational Neuroscience*, 2016, 7(1): 62-71
6. Sakhelashvili, I., Elioizishvili, M., Lortkipanidze, N., Oniani, N., Cervena, K and Darchia, N. Sleep Quality among Internally Displaced Georgian Adolescents and Population-Based Controls. *Journal of Child health Care*, 2016 Sep;20(3):384-93. doi: 10.1177/1367493515598649
7. Darchia, N., Cervena, K. The journey through the world of adolescent sleep. *Reviews in the Neurosciences*; 2014, 25(4):585-604

8. Basishvili, T., Eliazishvili, M., Maisuradze, L., Lortkipanidze, N., Nachkebia, N., Oniani, T., Gvilia, I., Darchia, N. Insomnia in a Displaced Population is Related to War-Associated Remembered Stress. *Stress and Health*, 2012, 28(3):186-192
9. Campbell, IG., Darchia, N., Higgins, L., Dykan, I., Davis, N., de Bie, E., Feinberg, I. Adolescent Changes in Homeostatic Regulation of EEG Activity in the Delta and Theta Frequency Bands During Non-rapid Eye Movement sleep. *SLEEP*, 2011, 34(1):83-91
10. Maisuradze L, Lortkipanidze N., Eliazishvili M., Gvilia, I., Darchia N. Insomnia and Posttraumatic Stress Disorder Development in Individuals Escaped from Shida Kartli, Georgia. *Georgian Medical News*, 2010, 3(180), 64-69

Book chapter:

1. Darchia, N., Espa-Cervena, K. The world of adolescent sleep. In *Neurobiology of Emotions, Mind and Sleep-Wakefulness Cycle*, ed. by Nikoloz Oniani, Tbilisi, ISBN- 978-9941-0-5758-8, 2013, 56-72, chapter in a book

Abstracts of International Conferences:

1. I.G. Campbell; C. Basilio; Z. Zhang; Darchia, N; I. Feinberg. Effect of sleep restriction on sleep EEG waveforms in adolescents. *SLEEP*, 2020, 43, A123.
2. T. Basishvili; M. Eliazishvili; T. Oniani; T. Tchintcharauli; I. Sakhelashvili; N. Oniani; I.G. Campbell, I. Feinberg; N. Darchia. NREM sleep EEG in typically developing and drug-naïve ADHD adolescents: data from a longitudinal study. . *SLEEP*, 2020, 43, A124.
3. I. Feinberg; N. Darchia; T. Basishvili; M. Eliazishvili; N. Oniani; T. Tchintcharauli; I. Sakhelashvili; T. Oniani Jr.; IG.. Campbell; I. Feinberg. Sleep EEG as an index of brain maturation in typically developing and drug-naïve ADHD children. *IBRO Reports* 6 (2019), S484.

4. M. Eliozishvili; T. Tchintcharauli; T. Basishvili; N. Darchia. Sleep and parent-reported executive functioning in typically developing and drug-naïve ADHD children. *IBRO Reports* 6, 2019, S318-S319.
5. N. Darchia; T. Tchintcharauli; T. Basishvili; M. Eliozishvili; N. Oniani; T. Oniani Jr.; IG Campbell; I. Feinberg. Sleep and cognitive functions in typically developing and drug-naïve ADHD children. *European Neuropsychopharmacology*, Volume 29, Supplement 6, 2019, S375-S376
6. T. Basishvili; M. Eliozishvili; L. Maisuradze; N. Lortkipanidze; T. Tsuladze; N. Oniani; N. Darchia. The effects of different length of displacement on the war-related stress induced health outcomes in internally displaced persons in Georgia. *European Neuropsychopharmacology*, Volume 29, Supplement 6, 2019, S543
7. Oniani N., Supatashvili M., Sakhelashvili I., Eliozishvili M., Basishvili T., Maisuradze L., Cervena K., Darchia N. Relationship between sleep disturbances and health-related quality of life – results from the Georgia SOMNUS study. *Sleep Medicine*, 2017, Volume 40 (Suppl. 1), Pages e73–74.
8. Sakhelashvili I., Eliozishvili M., Oniani N., Darchia N. Sleep and psycho-behavioral parameters among internally displaced Georgian adolescents and population-based controls. *Sleep Medicine*, 2017, Volume 40 (Suppl. 1), Pages e289–290.
9. Sakhelashvili I., Eliozishvili M., Oniani N., Darchia N. Sleep problems among Georgian adolescents - does internal displacement matter?! *Journal of Sleep Research*, 2016, Volume 25 (Suppl. 1), p.139.
10. Eliozishvili M., Lortkipanidze N., Maisuradze L., Oniani N., Darchia N. Why sleep matters: association between sleep and psychological distress in Georgian Internally displaced population. *Journal of Sleep Research*, 2016, Volume 25, (Suppl. 1), p.280.
11. Darchia N., Eliozishvili M., Supatashvili M., Oniani N., Basishvili T., Sakhelashvili I., Cervena K. Sleep and health related quality of life in Georgian population, 22nd ESRS Congress, Tallinn, Estonia, *Journal of Sleep Research*, 2014, Volume 23, Supplement 1, p.246

12. Darchia N., Campbell I.G., Feinberg I. Longitudinal data reveal a linear increase in the frequency of peak sigma power across ages 6-18. Neuroscience Meeting Planner, 2013, 570.09/HHH38, online.
13. Basishvili T., Nemsadze M., Gogichadze M., Darchia N., Gvilia I., Datunashvili M., Oniani N. The effects of acute administration of opioid antagonists and agonist on the rat behavior. SLEEP, 2013, Abstr. Suppl. 36:A71.
14. Basishvili T., Eliazishvili M., Lortkipanidze N., Maisuradze L., Darchia N., Espa-Cervena K. Insomnia complaints and associated factors in Georgian population. WASM Congress, Valencia, Spain, 2013, Abstract Book, p. 68.
15. Oniani N., Datunashvili M., Saxelashvili I., Ibanez V., Espa-Cervena K., Darchia N. Excessive daytime sleepiness and the risk for obstructive sleep apnea in Georgian population. WASM Congress, Valencia, Spain, 2013, Abstract Book, p. 111-112.
16. Darchia N., Campbell I.G., Feinberg I. Longitudinal changes in frequency of peak sigma power across adolescence. SLEEP, 2012, vol 35: A 356.
17. Darchia N., Lortkipanidze N., Eliazishvili M., Mamukadze M., Gvilia I. Sleep, stress and psychological problems in internally displaced children. Journal of Sleep Research. 2012, vol. 21, Suppl 1: 235(P685).
18. Darchia N., Basishvili T., Eliazishvili M., Maisuradze L., Lortkipanidze N., Nachkebia N., Oniani T., Gvilia I. Stress and insomnia prevalence in internally displaced persons. 8th World Congress of Neuroscience, Florence, Italy, 2011, B248.
19. Darchia, N., Lortkipanidze, N., Mamukadze, S., Gvilia, I., Eliazishvili, M. Sleep quality and psychological problems in children of internally displaced families: A comparative study. Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2011, 286.19/SS15, Online.
20. Darchia, N., Lortkipanidze, N., Eliazishvili, M., Maisuradze, L., Nachkebia, N., Oniani, T., Gvilia, I. Psychological distress and insomnia development: Does internal displacement matter? Neuroscience Meeting Planner. San Diego, CA: Society for Neuroscience, 2010, 906.5/KKK18, Online.
21. Svanidze, M., Lortkipanidze, N., Chijavadze, E., Oniani, N., Darchia, N., Gvilia, I. Sleep homeostasis in the rat: The effect of lesion in preoptic hypothalamus. Neuroscience Meeting Planner. San Diego, CA: Society for Neuroscience, 2010, 300.9/KKK17, Online.