Dear colleagues,

The 5th International workshop “Sleep: a window to the world of wakefulness” will be held on September 20-22, 2009, at the Southern Scientific Center of the Russian Academy of Sciences, Rostov on Don, Russia.

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 reviews of the latest research and modern methodological approaches covering a wide spectrum of sleep and wake mechanisms. Special lectures and reports will be presented by the leading Russian and foreign scientists, young investigators' reports will be presented as posters.

Workshop topics: Psychophysiology of sleep, Mechanisms of sleep and wakefulness regulation, Circadian rhythms and neurochemistry of sleep, Basic and applied aspects of sleep medicine. About 10 general 45-min lectures are planned. Young participants are free to present posters.

Participation is free (there is no registration fee). Limited number of young participants will receive a reimbursement of their travel and hotel expenses.

Deadline for abstract submission (1 p.) and registration is July, 1. Abstracts should be submitted by e-mail: 5sleep@ssc-ras.ru . Current information about the Workshop can be found at the following addresses: www.ssc-ras.ru , www.sleep.ru  Poster size is 80x100 cm.

Chairman of the Local Organizing Committee:
academician Gennadiy G. Matishov, Chair of the Presidium, SSC RAS.

Vice-Chairmen:
Dmitriy G. Matishov, correspondent member of RAS, Vice-Chair of the Presidium of SSC RAS,
Evgeniy V. Verbitsky, professor, SSC RAS.
Phone: +7(863)2509813 (w), +7(928)1090581 (mb), e-mail: e_verbitsky@ssc-ras.ru

Co-chairs of the scientific committee:
Vladimir B.Dorokhov, professor, IHNA RAS ybdorokhov@mail.ru
Vladimir M.Kovalzon, professor, A.N. Severtsov Institute of Ecology/Evolution, RAS, (Moscow) kovalzon@sevin.ru

Local Organizing Committee Scientific Secretary:
Victor B.Voinov, PhD, leading researcher, SSC RAS
Phone: +7(863)2509813 (w), e-mail: voinov@ssc-ras.ru

Abstract submission
Abstracts in English, Microsoft Word 97-2003. 1 page A4. Title by head letters, author(s) name and initials, affiliation, e-mail address. Miss 2 intervals, then type the text using a single interval. Indent 0.5 cm. Print Times New Roman 12. No tables, formulas, figures, inferiors, citing list, settings.

Brief communications
An opportunity is offered to publish a more enlarged version of the presentation as a short communication up to 6 pages of A4 size. All margins of 2.5 cm large. Microsoft Word 97-2003. Interline interval 1.5. Align left/right. Citing in square brackets. B&W tonal figures should not be embedded into the text but submitted as separate files. Table number and title should be placed above the table itself, typing with a bold Roman. Numbering of figures and tables should be prevailing. Single figures and tables should be without numbers.

The structure of a brief communication should be as follows:
1<sup>st</sup> line, title of the manuscript (by head letters)
2<sup>nd</sup> line, author(s) name (by italics)
3<sup>rd</sup> line, affiliation, city, country, e-mail address

The text of the manuscript follows, including:
Preface, aims of the work
Basic ideas and methods
Results
Conclusion
Bibliography in alphabetic order

Submitted papers will be reviewed.