

## CURRICULUM VITAE

### PERSONAL INFORMATION

Name, Family Name	<b>Nato Darchia</b>
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)	<b>2006</b>
• Name and type of organisation	I.Beritashvily Institute of Physiology
• Type of qualification awarded	<b>Doctor of Sciences</b> ( <i>Fundamental Neurosciences</i> )
• Dates (from – to)	<b>1991-1994</b>
• Name and type of organisation	PhD studies, I.Beritashvily Institute of Physiology
• Type of qualification awarded	<b>PhD</b> , Candidate of Biological sciences (Human and Animal Physiology), <b>1995</b>
• Dates (from – to)	<b>1986-1991</b>
• Name and type of organisation	Iv. Javakhishvili Tbilisi State University, Tbilisi, Georgia
• Type of qualification awarded	Equivalent to <b>M.Sc.</b> , 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 5 Years:**

**Research Grants:**

**2017-2020:** Shota Rustaveli National Science Foundation, FR17\_94,

**Principal Investigator**

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

Valorisation Grant # IZ74Z0\_137415, **Georgian Coordinator**

**2013-2016** Shota Rustaveli National Science Foundation Research

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

**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** – Shota Rustaveli National Science Foundation of Georgia, MG-TG-19-2329

**2017** – Shota Rustaveli National Science Foundation of Georgia, MG\_115

**OTHER PROFESSIONAL  
ACTIVITIES**

**2022** - "Advances in Neuroscience – A Multidisciplinary event", June 29-July 5, Chakvi, Georgia - Co-organizer

**2018** – Dissertation These Advisor

**2014\_current** - Reviewer of Scientific Journals

**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 Magistracy Programm

**ACADEMIC AND RELATED  
AWARDS**

**2017-2021** - Scholar of the Georgian National Academy of Sciences

**2004** - European Sleep Research Society (ESRS)-Sanofi-Synthelabo Research Grant Award

**2002**- International Brain Research Organization (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 5 years:**

**2022** - World Sleep Congress 2022, Rome, Italy - Speaker

**2022** - - "Advances in Neuroscience – A Multidisciplinary event", June 29-July 5, Chakvi, Georgia

**2020** - The 1<sup>st</sup> Annual meeting of Neuroscience Research center, Tbilisi, Georgia - Speaker

**2019** - 32nd ECNP Congress, Copenhagen, Denmark

**2019** - The 10<sup>th</sup> IBRO World Congress of neuroscience, Daegu, Korea

**2019** – Internat. Symposium “Brain and Neuroplasticity”, Tbilisi, Georgia - Speaker

**2017** - World Sleep Congress 2017, Prague, Czech Republic

**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 - last 10 years:**

1. Tsaava M, Oniani N, Eliozishvili M, Sakhelashvili I, Tkemaladze N, Aladashvili T, Basishvili T, Darchia N. Age-Based Differences in Sleep Quality, Pre-Sleep Arousal, and Psychosocial Factors during the Second Wave Lockdown of the COVID-19 Pandemic in Georgia-A Higher Vulnerability of Younger People. *Int J Environ Res Public Health*, 2022, 19(23):16221. doi: 10.3390/ijerph192316221.
2. Campbell IG, Kim EI, Darchia N, Feinberg I. Sleep restriction and age effects on waking alpha EEG activity in adolescents. *Sleep Adv.*, 2022 10;3(1):zpac015. doi: 10.1093/sleepadvances/zpac015.
3. Darchia N, Campbell IG, Basishvili T, Eliozishvili M, Tchintcharauli T, Oniani N, Sakhelashvili I, Feinberg I. Sleep electroencephalogram evidence of delayed brain maturation in attention deficit hyperactivity disorder: a longitudinal study. *Sleep*, 2022 45(9):zsac163. doi: 10.1093/sleep/zsac163.
4. Darchia N, Campbell IG, Basishvili T, Eliozishvili M, Tchintcharauli T, Oniani N, Sakhelashvili I, Shetekauri T, Oniani T, Feinberg I. Longitudinal assessment of NREM

- sleep EEG in typically developing and medication-free ADHD adolescents: first year results. *Sleep Med.*, 2021, 80:171-175. doi: 10.1016/j.sleep.2021.01.052.
5. Campbell IG, Cruz-Basilio A, Darchia N, Zhang ZY, Feinberg I. Effects of sleep restriction on the sleep electroencephalogram of adolescents. *Sleep*, 2021, 44(6):zsaa280. doi: 10.1093/sleep/zsaa280.
  6. Basishvili T, Oniani N, Sakhelashvili I, Eliazishvili M, Khizanashvili M, Arabidze M, Tsaava M, Charekishvili T, Tsertsvadze N, Darchia N. Insomnia, Pre-Sleep Arousal, Psychosocial Factors and Changes in Sleep Pattern during the Second Wave Lockdown of the COVID-19 Pandemic in Georgia. *Brain Sci.*, 2021, 12(1):17. doi: 10.3390/brainsci12010017.
  7. Darchia, N., Oniani, N., Sakhelashvili, I., Supatashvili, M., Basishvili, T., Eliazishvili, 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. doi:10.3390/ijerph15081588
  8. Sakhelashvili, I., Eliazishvili, M., Oniani, N., Darchia, N., Brunie, O. Sleep and Psycho-Behavioral Problems in Internally Displaced Children in Georgia. *Sleep Med.*, 2018, 50:42-47. doi: 10.1016/j.sleep.2018.05.013.
  9. Darchia, N., Eliazishvili, 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
  10. 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
  11. Tevzadze, G., Oniani, N., Zhuravliova, E., Darchia, N., Eliazishvili, M., Gogichadze, M., Lortkipanidze, N., Oniani, T. Jr., Kakabadze, A., Kakabadze, Z., Karalashvili, L., Kikvidze, Z., Mikeladze, D. Effects of a Gut Microbiome Toxin, p-Cresol, on the Indices of Social Behavior in Rats. *Neurophysiology*, 2018, 50:372–377. <https://doi.org/10.1007/s11062-019-09764-1>
  12. Sakhelashvili, I., Eliazishvili, 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

13. Sakhelashvili, I., Eliozishvili, M., Lortkipanidze, N., Oniani, N., Cervena, K and Darchia, N. Sleep Quality among Internally Displaced Georgian Adolescents and Population-Based Controls. *J of Child health Care*, 2016, (3):384-93. doi: 10.1177/1367493515598649
14. Darchia, N., Cervena, K. The journey through the world of adolescent sleep. *Reviews in the Neurosciences*, 2014, 25(4):585-604
15. Basishvili, T., Eliozishvili, 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

***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. Sakhelashvili, I., Campbell, I.G., Basishvili, T., Eliozishvili, M., Tchintcharauli, T., Oniani, N., Khaburzania, S., Shetekauri, T., Feinberg, I., Darchia, N. Longitudinal assessment of sleep structure and executive functions in typically developing children and drug-naïve children diagnosed with ADHD. *Sleep Medicine*, 2022, 100, Suppl. 1, S199-S200.
2. 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.
3. T. Basishvili; M. Eliozishvili; 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.
4. I. Feinberg; N. Darchia; T. Basishvili; M. Eliozishvili; N. Oniani; T. Tchintcharauli; I. Sakhelashvili; T. Oniani Jr.; IG.. Campbell; I. Feinberg. Sleep EEG as an index of brain maturation intypically developing and drug-naïve ADHD children. *IBRO Reports*, 2019, Suppl. 6, S484.

5. M. Eliozishvili; T. Tchintcharauli; T. Basishvili; N. Darchia. Sleep and parent-reported executive functioning in typically developing and drug-naïve ADHD children. *IBRO Reports*, 2019, Suppl. 6, S318-S319.
6. 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*, 2019, 29, Suppl. 6, S375-S376
7. 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*, 2019, 29, Suppl. 6, S543
8. 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, 40, Suppl. 1, e73–e74.
9. 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, 40, Suppl. 1, e289–290.
10. Sakhelashvili I., Eliozishvili M., Oniani N., Darchia N. Sleep problems among Georgian adolescents - does internal displacement matter?! *Journal of Sleep Research*, 2016, 25, Suppl. 1, p.139.
11. 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, 25, Suppl. 1, p.280.
12. Darchia N., Eliozishvili M., Supatashvili M., Oniani N., Basishvili T., Sakhelashvili I., Cervena K. Sleep and health related quality of life in Georgian population. *Journal of Sleep Research*, 2014, 23, Suppl. 1, p.246



13. 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.
14. 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, Suppl. 36, A71.
15. Basishvili T., Eliazishvili M., Lortkipanidze N., Maisuradze L., Darchia N., Espa-Cervena K. Insomnia complaints and associated factors in Georgian population. Sleep Medicine, 2013 14, Suppl.1, e69-e70.
16. 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. Sleep Medicine, 2013 14, Suppl.1, e111-e112.
17. Darchia N., Campbell I.G., Feinberg I. Longitudinal changes in frequency of peak sigma power across adolescence. SLEEP, 2012, 35, A 356.
18. Darchia N., Lortkipanidze N., Eliazishvili M., Mamukadze M., Gvilia I. Sleep, stress and psychological problems in internally displaced children. Journal of Sleep Research. 2012, 21, Suppl. 1, P685.