

## CURRICULUM VITAE

### PERSONAL INFORMATION

Name, Family Name

**Tamar Basishvili**

Contact Information

Ilia State University,  
Kakutsa Cholokashvili Ave 3/5  
0162, Tbilisi, GEORGIA  
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### EDUCATION & PROFESSIONAL TRAINING

- Dates (from – to)
- Name and type of organisation
- Faculty/Training/Course
- Type of qualification awarded

**2007-2012**

**Ilia State University**

School of Arts and Sciences  
PhD in Life Sciences (Neuroscience)

- Dates (from – to)
- Name and type of organisation
- Faculty/Training/Course
- Type of qualification awarded

**2011-2012 (3 Months)**

**University Hospital of Geneva,**

Department of Neuropsychiatry,  
Sleep Laboratory, Chene-Bourg, Switzerland.  
Training in Sleep Medicine

- Dates (from – to)
- Name and type of organization
- Faculty/Training/Course

**2003 (3 Months)**

**Radboud University Nijmegen, The Netherlands**

NICI Department of Biological Psychology

<ul style="list-style-type: none"> <li>• Type of qualification awarded</li> </ul>	<p>Training in Human and animal EEG work</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Name and type of organisation</li> </ul>	<p><b>1990-1996</b> <b>Iv. Javakhishvili Tbilisi State University</b></p>
<ul style="list-style-type: none"> <li>• Faculty/Training/Course</li> <li>• Type of qualification awarded</li> </ul>	<p>Faculty of Biology MSci equivalent, Biologist (Human and Animal Physiology), Teacher of Biology and Chemistry</p>

**EMPLOYMENT**

<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2013-present</b> <b>Ilia State University,</b> School of Natural Sciences and Medicine</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Associate Professor</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2016-2017</b> <b>Psychiatric Hospital of the University of Basel,</b> Center for Chronobiology, Basel, Switzerland</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Postdoctoral Researcher</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2014-2015 (6 Months)</b> <b>US Veterans Affairs Department,</b> Medical Research, UCLA, California, US</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Research Scientist</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2010-2013</b> <b>Ilia State University,</b> School of Arts and Sciences</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Assistant Professor</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2009-2010</b> <b>I. Beritashvili Institute of Physiology,</b> Laboratory of Neurobiology of Sleep-Wakefulness Cycle</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Research Scientist</p>
<ul style="list-style-type: none"> <li>• Dates (from – to)</li> <li>• Employer</li> </ul>	<p><b>2006-2009</b> <b>I. Beritashvili Institute of Physiology,</b> Laboratory of Neurobiology of Sleep-Wakefulness Cycle</p>
<ul style="list-style-type: none"> <li>• Rank/Position held</li> </ul>	<p>Research Assistant</p>

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

**2002-2003**  
**University “Saqartvelo”**  
 Lecturer Assistant

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

**1998-2006**  
**I. Beritashvili Institute of Physiology,**  
 Laboratory of Neurobiology of Sleep-Wakefulness Cycle  
 Junior Research Scientist

**SYMPOSIAS AND SEMINARS**

**Last 5 years:**

**2022** - "Advances in Neuroscience – A Multidisciplinary event"-  
 Chakvi, Georgia  
**2019** - 32nd ECNP Congress, Copenhagen, Denmark.  
**2018** - 24<sup>th</sup> Congress of European Sleep Research Society, Basel,  
 Switzerland.  
**2017**- Neurex Meeting/Workshop “Retinal Circadian Clocks”,  
 Strasbourg, France.

**OTHER ACTIVITIES AND  
 MEMBERSHIP**

International Brain Research Organization (IBRO)  
 Federation of European Neuroscience Society (FENS)  
 Georgian Neuroscience Society (GENA)  
 The Georgian Physiological Society  
 NGO Women in Changing World

**ACADEMIC AND RELATED  
AWARDS**

**Last 5 years:**

**2019** – Shota Rustaveli National Science Foundation of Georgia, grant, MG-TG-19-1288.

**2016-2017**-Swiss Government Excellence Postdoctoral Scholarship.

**2014-2015**- Fulbright Visiting Scholar Research Scholarship.

**GRANTS**

**Last 5 years:**

**2024-2026** - Shota Rustaveli National Science Foundation grant, FR23-7109, project participant

**2018-2021** Shota Rustaveli National Science Foundation grant, FR18-12533, Project Coordinator

**2017-2020** Shota Rustaveli National Science Foundation grant, FR17-94, participant.

**2013-2016** Shota Rustaveli National Science Foundation Research grant, FR/485/7-274/12, Participant.

**Grants for Scientific Events:**

**2019** – Grant for organization International Scientific Events MG-ISE-19-257 - "Advances in Neuroscience – A Multidisciplinary event" - Project Participant.

## Articles :

- Darchia, N., Campbell, I.G., Basishvili, T., Eliozishvili, M., Tchintcharauli, T., Oniani, N., Sakhelashvili, I., & Feinberg, I. (2022). Sleep electroencephalogram evidence of delayed brain maturation in attention deficit hyperactivity disorder: a longitudinal study. *Sleep*, 45(9),zsac163. <https://doi.org/10.1093/sleep/zsac163>
- Tsaava, M., Oniani, N., Eliozishvili, M., Sakhelashvili, I., Tkemaladze, N., Aladashvili, T., Basishvili, T., & Darchia, N. (2022). 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. *International journal of environmental research and public health*, 19(23), 16221. <https://doi.org/10.3390/ijerph192316221>
- Basishvili, T., Oniani, N., Sakhelashvili, I., Eliozishvili, M., Khizanashvili, M., Arabidze, M., Tsaava, M., Charekishvili, T., Tsertsvadze, N., & Darchia, N. (2021). Insomnia, Pre-Sleep Arousal, Psychosocial Factors and Changes in Sleep Pattern during the Second Wave Lockdown of the COVID-19 Pandemic in Georgia. *Brain sciences*, 12(1), 17. <https://doi.org/10.3390/brainsci12010017>
- Stefani, O., Freyburger, M., Veitz, S., Basishvili, T., Meyer, M., Weibel, J., Kobayashi, K., Shirakawa, Y., & Cajochen, C. (2021). Changing color and intensity of LED lighting across the day impacts on circadian melatonin rhythms and sleep in healthy men. *Journal of pineal research*, 70(3), e12714. <https://doi.org/10.1111/jpi.12714>
- Darchia, N., Campbell, I.G., Basishvili, T., Eliozishvili, M., Tchintcharauli, T., Oniani, N., Sakhelashvili, I., Shetekauri, T., Oniani, T., & Feinberg, I. (2021). Longitudinal assessment of NREM sleep EEG in typically developing and medication-free ADHD adolescents: first year results. *Sleep medicine*, 80, 171–175. <https://doi.org/10.1016/j.sleep.2021.01.052>
- Cajochen, C., Freyburger, M., Basishvili, T., Garbazza, C., Rudzik, F., Renz, C., Kobayashi, K., Shirakawa, Y., Stefani, O., & Weibel, J. (2019). Effect of daylight LED on visual comfort, melatonin, mood, waking performance and sleep. *Lighting Research & Technology*, 51(7), 1044–1062. <https://doi.org/10.1177/1477153519828419>
- Darchia, N., Oniani, N., Sakhelashvili, I., Supatashvili, M., Basishvili, T., Eliozishvili, M., Maisuradze, L., Cervena, K.

(2018) Relationship between Sleep Disorders and Health Related Quality of Life-Results from the Georgia SOMNUS Study. *Int J Environ Res Public Health*. 15(8):1588. Published 2018 Jul 26. doi:10.3390/ijerph15081588

- Darchia, N., Eliazishvili, M., Maisuradze, L., Lortkipanidze, N., Basishvili, T., Tsuladze, T., Oniani, N. (2018) Sleep, stress and psychological distress in internally displaced persons in Georgia. *Proc. Georgian Nat. Acad. Sci., Biomed Series*, 44(3-4):117-127.
- 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.
- Basishvili, T., Eliazishvili, M., Maisuradze, L., Lortkipanidze, N., Nachkebia, N., Oniani, T., Gvilia, I., Darchia, N. (2012) Insomnia in a Displaced Population is Related to War-Associated Remembered Stress. *Stress and Health*, 28:186-192.

#### **Abstracts:**

- Sakhelashvili, I., Campbell, I.G., Basishvili, T., Eliazishvili, M., Tchintcharauli, T., Oniani, N., Khaburzania, S., Shetekauri, T., Feinberg, I., Darchia, N. (2022) Longitudinal assessment of sleep structure and executive functions in typically developing children and drug-naïve children diagnosed with ADHD, *Sleep Medicine*, 100 (Suppl. 1):S199-S200.
- Basishvili, T., Eliazishvili, M., Oniani, T., Tchintcharauli, T., Sakhelashvili, I., Oniani, N., Campbell, I.G., Feinberg, I., Darchia, N. (2020) NREM sleep EEG in typically developing and drug-naïve ADHD adolescents: data from a longitudinal study. *Sleep*, 43, A124.
- Basishvili, T., Eliazishvili, M., Maisuradze, L., Lortkipanidze, N., Tsuladze, T., Oniani, N., Darchia, N. (2019) The effects of different length of displacement on the war-related stress induced health outcomes in internally displaced persons in

Georgia. *European Neuropsychopharmacology*, 29, (Suppl. 6):S543.

- Darchia, N., Tchintcharauli, T., Basishvili, T., Eliozishvili, M., Oniani, N., Oniani Jr., T., Campbell, I.G., Feinberg, I. (2019) Sleep and cognitive functions in typically developing and drug-naïve ADHD children. *European Neuropsychopharmacology*, 29, (Suppl. 6):S375-S376.
- Darchia, N., Basishvili, T., Eliozishvili, M., Oniani, N., Tchintcharauli, T., Sakhelashvili, I., Oniani Jr., T., Campbell, I.G., Feinberg, I. (2019) Sleep EEG as an index of brain maturation in typically developing and drug-naïve ADHD children. *IBRO Reports*, 6, S484.
- Eliozishvili, M., Tchintcharauli, T., Basishvili, T., Darchia, N. (2019) Sleep and parent-reported executive functioning in typically developing and drug-naïve ADHD children. *IBRO Reports*, 6, S318-S319.
- Veitz, S., Stefani, O., Freyburger, M., Meyer, M., Weibel, J., Rudzik, F., Basishvili, T., Cajochen, C. (2018) Effects of lighting with continuously changing color temperature and illuminance on subjective sleepiness and melatonin profiles. *Journal of Sleep Research*, 27 (S1):234.
- Weibel, J., Basishvili, T., Dattler, M., Garbazza, C., Rudzik, F., Renz, C., Cajochen, C. (2017) 0164 EFFECT OF A DAYLIGHT LED VERSUS A CONVENTIONAL LED SOLUTION ON VISUAL COMFORT, DAYTIME ALERTNESS AND SLEEP. *Sleep*, 40 (Suppl\_1): A61.
- Oniani, N., Supatashvili, M., Sakhelashvili, I., Eliozishvili, M., Basishvili, T., Maisuradze, L., Cervena, K., Darchia, N. (2017) Relationship between sleep disturbances and health-related quality of life – results from the Georgia SOMNUS study. *Sleep Medicine*, 40, (Suppl. 1):e73–74.

- Basishvili, T., Szymusiak, R., Gvilia, I. (2014) Caffeine chronic consumption during early post-weaning in rats negatively affects emotional status later in life. *Journal of Sleep Research*, 23, (Suppl. 1):170.
- Darchia, N., Eliozishvili, M., Supatashvili, M., Oniani, N., Basishvili, T., Sakhelashvili, I., Cervena, K. (2014) Sleep and health related quality of life in Georgian population, 22nd ESRS Congress, Tallinn, Estonia, *Journal of Sleep Research*, 23, (Suppl. 1):246.
- Basishvili T., Nemsadze M., Gogichadze M., Darchia N., Gvilia I., Datunashvili M., Oniani N. (2013) The effects of acute administration of opioid antagonists and agonist on the rat behavior. *Sleep*, 36 (Abstr. Suppl.):A71.
- Basishvili, T., Eliozishvili, M., Lortkipanidze, N., Maisuradze, L., Darchia, N., Espa-Cervena, K. (2013) Insomnia Complaints and Associated Factors in Georgian Population. *Sleep Medicine*, 14, (Suppl.1):e69-e70.
- Nemsadze, M., Gogichadze, M., Datunashvili, M., Basishvili, T., Shanshiashvili, L., Mikeladze, D. (2013) The signs of depressiveness in “depressive” and “non-depressive” rats - correlation with density of  $\mu$ -receptors in the brain structures. *Sleep Medicine*, 14, (Suppl. 1):e218.
- Basishvili, T., Gogichadze, M., Datunashvili, M., Emukhvari, N., Oniani, N., Nemsadze, M. (2012) The effect of morphine on sleep-wakefulness cycle organization in rats. *Sleep*, 35, (Abstr. Suppl.): A6.

#### LANGUAGES

Georgian  
English  
Russian