

## CURRICULUM VITAE

### PERSONAL INFORMATION

Name, Family Name

**Nato Darchia**

Contact Information

e-mail: nato.darchia@iliauni.edu.ge

Marital Status

Married

### EDUCATION & PROFESSIONAL DEGREES

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

**2006**

I.Beritashvily Institute of Physiology

**Doctor of Sciences** (*Fundamental Neurosciences*)

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

**1991-1994**

PhD studies, I.Beritashvily Institute of Physiology

**PhD**, Candidate of Biological sciences (Human and Animal Physiology),  
**1995**

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

**1986-1991**

Iv. Javakhishvili Tbilisi State University, Tbilisi, Georgia

Equivalent to **M.Sc.**, Biologist, Specialist of Biology and Chemistry

## PROFESSIONAL TRAINING

<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Name and type of organisation</li><li>• Type of qualification awarded</li></ul>	<b>2001 (5 months)</b> Gui de Chauliac Hospital, Department of Neurology, Sleep Center, Montpellier, France Visiting Research Scientist
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Name and type of organisation</li><li>• Type of qualification awarded</li></ul>	<b>2003; 2002; 2001</b> Multi-Site Sleep Training Program, University of California, Los Angeles  Participant

## EMPLOYMENT

<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>2013-present</b> Ilia State University, Tbilisi, Georgia Full Professor
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>2010-2013</b> Ilia State University, Tbilisi, Georgia Associate Professor
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>2009-2010</b> Ilia State University, Tbilisi, Georgia Research Associate
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>2004- 2010</b> I.Beritashvili Institute of Physiology Senior Research Scientist
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>2002- 2004</b> University of California, Davis, Department of Psychiatry, Sleep Lab., Davis, CA, USA Postdoctoral Fellow
<ul style="list-style-type: none"><li>• Dates (from – to)</li><li>• Employer</li><li>• Rank/Position held</li></ul>	<b>1995-2002</b> I.Beritashvili Institute of Physiology Research Scientist

• Dates (from – to) | **1995-2000**  
• Employer | Tbilisi Medical Institute “Sakartvelo”  
• Rank/Position held | Lecturer Assistant - Neurophysiology

• Dates (from – to) | **1994-1995**  
• Employer | I.Beritashvili Institute of Physiology  
• Rank/Position held | Junior Research Scientist

**RESEARCH**

**Last 10 Years:**

**Research Grants:**

**2023-2026:** Shota Rustaveli National Science Foundation, FR23-7109,

**Principal Investigator**

**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**

**Grants for Scientific Events:**

**2019** – Grant for organization of International Scientific Events MG-ISE-19-257 - **Project Coordinator**

**Travel Grants:**

**2019** – Shota Rustaveli National Science Foundation of Georgia, MG-2329

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

**OTHER PROFESSIONAL  
ACTIVITIES**

- 2023; 2017; 2014; 2013** - World Sleep Day Events, Tbilisi, Georgia, Organizer
- 2022** - International Summer School/Conference, Chakvi, June 29 - July 5, Georgia, Co-organizer
- 2018** – Dissertation Thesis Advisor
- 2014\_current** - Reviewer of Scientific Journals
- 2014** - Organizer of the International Sleep Training Summer School, Chakvi, June 23-28, Georgia
- 2012** - Organizer of the International Sleep Training Summer School, July 2-6, Tbilisi, Georgia
- 2006** - External reviewer of Tbilisi State University Magistry Program

**ACADEMIC AND RELATED  
AWARDS**

- 2017-2021** - Research Fellow of the Georgian National Academy of Sciences, Department of Physiology and Medicine
- 2004** - European Sleep Research Society (ESRS)-Sanofi-Synthelabo Research Grant Award
- 2003** - University of California, Davis Postdoctoral Scholars Travel 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 10 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

**2016** - 23<sup>rd</sup> Congress of the European Sleep Research Society, Bologna, Italy

**2014** - 22<sup>nd</sup> Congress of the European Sleep Research Society, Tallinn, Estonia

**MEMBERSHIP  
OF PROFESSIONAL SOCIETIES**

International Brain Research Organization - **IBRO**

Federation of European Neuroscience Societies – **FENS**

World Sleep Society

Georgian Sleep Research Association

Georgian Neuroscience Association

Georgian Physiological Society

Sleep Research Society - **SRS: 2000-2019**

European Sleep Research Society - **ESRS: 2000-2016**

Society for Neuroscience - **SFN: 2007-2013**

**LANGUAGES**

Georgian – native

English – fluent

Russian – fluent

French – intermediate

**Publications - last 10 years:**

1. 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.
2. 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.
3. 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.
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, Eliozishvili 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., Eliozishvili, 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., Eliozishvili, 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., Eliozishvili, 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., Eliozishvili, 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., Eliozishvili, 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

***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., Eliazishvili 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. Eliazishvili 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., Eliazishvili 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