

**University of Toronto Archives
and Records Management Services**



Harvey Moldofsky fonds

B2018-0026

Emily Sommers, 2020

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Biographical note

Dr. Harvey Moldofsky is a world-renowned specialist on sleep disorders, chronic pain and fatigue, and chronobiology. He is Professor Emeritus of the Faculty of Medicine and Member Emeritus, Institute of Medical Science, School of Graduate Studies at the University of Toronto, and formerly Professor of Psychiatry and Medicine. From 1993-2000 he served as the founding Director of the University of Toronto Center for Sleep and Chronobiology. In addition to serving in various administrative positions at the university, university-affiliated hospitals and institutions, national and international scientific organizations, and professional organizations, he served from 1998-2003 as a medical assessor for the Workplace Safety and Insurance Appeals Tribunal of Ontario.

Born in Toronto, he attended Harbord Collegiate Institute and then earned his M.D. from the University of Toronto in 1959. He subsequently pursued postgraduate training in psychiatry in Vancouver, Toronto, London and San Francisco. In 1966, he was appointed Staff Psychiatrist at the Clarke Institute of Psychiatry of Toronto, the first in a long line of appointments within hospitals in Toronto and at the University of Toronto.

Throughout much of his career together with his colleagues and students, he has been studying sleep physiology and biological rhythms. His interests have included sleep/wake-related immune, cytokine and neuroendocrine functions in various conditions including long-term space flight. Early research studies were devoted to eating disorders, Tourette's Syndrome, and rheumatic disease. For more than 30 years he has studied the cause and treatment of illnesses characterized by chronic musculoskeletal pain, fatigue, and nonrestorative sleep, which became known as fibromyalgia and chronic fatigue syndrome.

In the 1990's, he was the Principal Investigator on a team that worked with NASA and the Canadian Space Agency (CSA) to study the effects of spaceflight, microgravity, and sleep/wake immune functions (SWIF) in humans. This research included numerous sleep experiments with astronauts and cosmonauts on the Mir Space Station.

He has received many local, national and international awards and honors, including the regional award of the Royal College of Physicians and Surgeons of Canada for his long-standing contributions as a medical educator. In honour of his contributions, in 1989 his friends and associates established The Dr. Harvey Moldofsky Scholarship for Psychiatric/Neuroscience Research, which is awarded annually to a medical student of the University of Toronto.

References:

"Harvey Moldofsky M.D., Dip. Psych., F.R.C.P.(C)." Centre for Sleep and Chronobiology. [Accessed February 27, 2019.](#)

"LSDA: Experiment - 9401710." NASA Life Sciences Data Archive. [Accessed March 6, 2019.](#)

Scope and content

1952-2016

2.75 m of textual records, graphic material, and artifacts (11 boxes)

58 CDs

40 digital files (19 MB)

22 videocassettes

19 3.5 inch floppy disks

17 audio cassette tapes

Personal records of Harvey Moldofsky, Professor Emeritus, Department of Psychiatry, former Director of the Centre for Sleep and Chronobiology at Toronto Western Hospital, and a world renowned specialist in sleep disorders. The records consist of correspondence, notes, raw data, addresses, publications, photographs, slides, posters, floppy disks, CDs, videos and artifacts documenting his research and other activities. Most of the files relate to his research work on sleep problems over many years, in particular those associated with the astronauts and cosmonauts on the NASA shuttle/Mir space station in the 1990's, as part of the Microgravity, Sleep and Immune Functions in Humans (SWIF) project. Also included is the first working model of a sleep apnea machine (ca. 1983).

Arrangement: Records in this fonds follow an imposed order as no consistent original order could be discerned.

Access: Open

Physical Access Conditions:

- Digital files in Series 2 must be accessed on a computer in the Archives Reading Room. Please contact the Digital Records Archivist to schedule an appointment or for more details.
- Floppy disks and CDs in Series 3 are unprocessed and are not available for researcher use at this time.
- For access to Sound and Moving Image records (Series 4), consult the Special Media Archivist.

Boxes:

B2018-0026/001 - /007

B2018-0026/001P - /002P

B2018-0026/001Art - /003Art

B2018-0026/001S - /005S

B2018-0026/001M - /002M

Series 1: Personal and Biographical

1952-2015

0.76 m of textual records, graphic material, and artifacts

Series consists of files documenting the life of Harvey Moldofsky, including his curriculum vitae, some personal and professional correspondence, certificates and awards, various press clippings about him, photographs, and artifacts. Photographs include a young Moldofsky in Medical School with classmates in the anatomy lab; son David and wife Zelda; group photographs from conferences attended; and of staff and the laboratory at the Centre for Sleep Chronobiology.

Access: Open

Boxes: B2018-0026/001(01) – (10); /007(01) – (02)
B2018-0026/001P(01) – (04); /002P
B2018-0026/001ART

Series 2: Research and Writings

1977-2016

0.47 m; textual and artifacts

40 digital files (19 MB)

This series documents Dr. Moldofsky's research activities and writings, except for the Microgravity, Sleep and Immune Functions in Humans (SWIF) project which is documented in Series 3. Includes draft research papers, lecture slides, conference presentations, and reports. Topics covered include sleep disorders, fibromyalgia, and chronic fatigue. Also included are digital files (originally on a CD) related to his more recent research on Disordered Sleep Physiology, Chronic Musculoskeletal Pain, Fatigue and Psychological Disturbances in Canadian Military Personnel with and without PTSD (Post Traumatic Stress disorder).

Finally, the series includes the first working model of a sleep apnea machine (ca. 1983), which was put together by Moldofsky and staff in his Sleep Lab, based on the ideas and research of Dr. Colin Sullivan of Australia, who had previously been Dr. Moldofsky's student as a Postdoctoral Research Fellow in the Department of Medicine at the University of Toronto.

Access: Open

Physical Access Conditions: Digital files must be accessed on a computer in the Archives Reading Room. Please contact the Digital Records Archivist to schedule an appointment or for more details.

Boxes: B2018-0026/001(11) – (31); B2018-0026/002ART

Digital folder: B2018-0026df001

Series 3: Microgravity, Sleep and Immune Functions in Humans (SWIF)

1993-2004

1.52 m; textual, graphic and artifacts

58 CDs

19 3.5 inch floppy disks

This series documents Dr. Moldofsky's research activities, in particular, his two major research projects on Microgravity, Sleep and Immune Functions in Humans (SWIF) with the Canadian Space Agency and NASA, funded through the National Institutes of Health (NIH).

The first project (1995-1999) studied the influence of gravity change on sleep and the immune system in astronauts. The aim of this research was to further advance the studies of disordered sleep and altered immune functions observed in distressing circumstances, and in patients with psychiatric (major depression) and medical conditions (i.e. fibromyalgia, post febrile chronic fatigue syndrome). This experiment was conducted during the Mir 23/NASA 4 and Mir 24 missions in 1997-1998.

The second project of the same title (2000-2003) involved experiments carried out in space but then subsequently lost during the Space Shuttle Columbia disaster. This second phase aimed to understand bone loss in astronauts in space as well as osteoporosis on Earth, believing that chemical changes in the human immune system – possibly triggered by sleep deprivation – could instead be a major cause of bone loss in space and on the ground (as opposed to just microgravity).

Included in this series: grant applications; correspondence; files related to visits to the Russian Space Agency in Star City and the Johnson Space Center in Houston (including photographs); baseline data collection (BDC) data sets; and final reports. Also included are EEG electrode caps used by American and Russian astronauts aboard the MIR space station.

Arrangement: Files are arranged by project.

Access: Open

Boxes:

B2018-0026/002 - /006

B2018-0026/001P (05) – (08)

B2018-0026/007(03) – (04)

B2018-0026/003ART

Physical Access Conditions: Dataset files of the project on 3.5 inch floppy disks and CDs are unprocessed and not available for researcher use at this time.

Series 4: Sound and moving images

1984-2001

22 videocassettes

17 audio cassette tapes

This series consists of video and audio recordings featuring Professor Moldofsky and his research. Included are formal talks, workshops and conferences relating to fibromyalgia, sleep disorders and related research. There are also many popular media appearances by Moldofsky on television and on radio where he is interviewed about his research on sleep and particularly his sleep research lab and the experiment he conducted upon the MIR space station.

Access: Open

Physical Access Conditions: To view or listen to items in this series, contact the Special Media Archivist.

Boxes: B2018-0026/001S - /005S
B2018-0026/001M - /002M

For details, see item list in Appendix

Appendix: File / Item Listing

Series 1: Personal and Biographical

File number	File title	Date range
B2018-0026/001(01)	Biographical sketch, curriculum vitae, letters of employment	1968-2015
B2018-0026/001(02)	Harbord [Collegiate] Review and Commencement program	1952-1953
B2018-0026/001(03)	Certificates and awards	1961-2000
B2018-0026/001(04)	American Psychiatric Association. Membership, Fellowship, Distinguished Lecturer	1970, 1975, 1986
B2018-0026/001(05)	Sleep Research Society. 24th Annual Meeting (Toronto). Programme	1984
B2018-0026/001(06)	Mid-Atlantic Conference on Fibromyalgia Treatment	27 Sep. 1996
B2018-0026/001(07)	U of T Centre for Sleep and Chronobiology. Correspondence	2001-2004
B2018-0026/001(08)	[Letter to Dr. David G. Simons]	22 Aug. 1978
B2018-0026/001(09)	[Letter from National Enquirer Reader]	Sep. 1974
B2018-0026/001(10)	Press clippings	1974-
B2018-0026/007(01)	Diploma. College of Physicians and Surgeons of Ontario	19 Jul. 1961
B2018-0026/007(02)	Poster. University of Toronto Department of Psychiatry. 17th annual Harvey Stancer Research Day: Keynote speaker, Dr. Harvey Moldofsky, "A time to every purpose"	20 June 1991
B2018-0026/001ART (01)	American Psychiatric Association. Life Fellow medal	2000
B2018-0026/001ART (02)	Patch. NASA-MIR Human Life Sciences	[199-]
B2018-0026/001ART (03)	Patch. NASA-MIR Human Interactions	[199-]
B2018-0026/001ART (04)	Patch. STS-96	1999
B2018-0026/001ART (05)	Patch. National Space Biomedical Research Institute.	[199-]
B2018-0026/001ART (06)	Patch. [Space-related]	
B2018-0026/001ART (07)	Button. NASA - JSC [Johnson Space Center] STS-81	1997
B2018-0026/002ART	Sleep Apnea machine	[ca. 1983]

File number	File title	Date range
B2018-0026/001P(01)	Portraits and headshots	
B2018-0026/001P(02)	Personal and family photographs	1955-[198-]
B2018-0026/001P(03)	Group photo [unidentified]	
B2018-0026/001P(05)	Centre for Sleep and Chronobiology. 16 slides	1999
B2018-0026/002P	Toronto Western Hospital. Last Meeting, Board of Trustees	25 Sep. 1986

Series 2: Research and Writings

File number	File title	Date range
B2018-0026/001(11)	Alpha Nonrem Sleep and Musculoskeletal Symptoms in Rheumatoid Arthritis. Clinical Research Society of Toronto.	19 Mar. 1977
B2018-0026/001(12)	Sleep and Pain	Sep. 1977
B2018-0026/001(13)	Studies on the Relationship of Sleep Disturbance to Pain	9 May. 1979
B2018-0026/001(14)	Sleep and Pain	March 1980
B2018-0026/001(15)	The Significance of Alpha EEG Sleep to Subjective States	May 1984
B2018-0026/001(16)	The Spectrum of Alpha EEG Sleep in Disease States: Relevance to the Correct Concept of Fibrositis Syndrome	[198-]
B2018-0026/001(17)	An Overview of Sleep Disorders	1993
B2018-0026/001(18)	Nonrestorative Sleep, Musculoskeletal Pain, Fatigue, and Psychological Distress	30 Jun. 1995
B2018-0026/001(19)	Placebo. Lecture slides; notes and research by others	[199-]
B2018-0026/001(20)	Modafinil: Long-term, continued efficacy and safety in narcoleptics	1997
B2018-0026/001(21)	Linbury Trust Report. Disordered Circadian Sleep/Wake-related Immune and Endocrine Functions in Chronic Fatigue Syndrome	Nov. 1998
B2018-0026/001(22)	Teaching Course on the Forgotten Complaints: Fatigue	[ca. 1999]
B2018-0026/001(23)	Narcolepsy in Remission	1999-2000
B2018-0026/001(24)	Sleep-Wake Problems in Children and Adolescents. Course slides.	2000

File number	File title	Date range
B2018-0026/001 (25)	[Chronic Fatigue Syndrome]. Calloway Gardens Meeting 2002. International Case Definition Working Group - Draft Protocol	2002
B2018-0026/001 (26)	Nonrestorative Sleep and Fibromyalgia. Slides for Sanofi-Synthelabo International Investigator Meeting	2 Apr. 2004
B2018-0026/001 (27)	Chronic Fatigue, Pain and Disordered Sleep in Chronic HIV and Post SARS Patients viral illnesses	[200-]
B2018-0026/001 (28)	Evaluation of Sleep and Sleep Disorders for Les Entretiens du Carla	Apr. 2007
B2018-0026/001 (29)	The Fibromyalgia Moldofsky Questionnaire	2007
B2018-0026/001 (30)	EULAR [European League Against Rheumatism] Congress 2008. Research posters	June 2008
B2018-0026/001 (31)	The Application of Rhetorical Argument Theory to the Assessment of Patients with Fibromyalgia Claiming Disability Benefits. Manuscript Review	Jun. 2009

Digital Folder	Description	Date range
B2018-0026df001	Military PTSD research [backup disk] <ul style="list-style-type: none"> • 40 digital files; .doc and .xls (19 MB) 	2012-2016

Series 3: Microgravity, Sleep and Immune Functions in Humans (SWIF)

File number	File title	Date range
B2018-0026/002(01)	NASA Ames Fatigue Countermeasures Program. Correspondence	Apr. 1993
B2018-0026/002(02)	NASA's Great Observatories Paper Model Kits	Aug. 1993
B2018-0026/002(03)	NASA. Education Horizons Newsletter	Apr. 1996
B2018-0026/002(04)	Ground-Based Study of the Effects of Hypnotics (Temazepam) on Sleep-Wakefulness, Immune Neuroendocrine Functions, and Cognitive Performance in Men in Preparation for Studies of Astronauts. Correspondence and Human Subjects Review Committee.	1995-1996
B2018-0026/002(05)-(09)	CSA [Canadian Space Agency]. Ground Based Temazepam Study Sleep Studies. Data	1996-1997
B2018-0026/002(10)-(11)	Project Application	1994-1995
B2018-0026/003(01)	Harvard-Pittsburgh-Toronto Sleep Group. Submission to NASA	1995
B2018-0026/003(02)	Correspondence and contract	1995
B2018-0026/003(03)	NASA Technical Memorandums	[199-]
B2018-0026/003(04)	Project planning - Human Life Sciences NASA-Mir program	1995
B2018-0026/003(05)	NASA. Human Research Policy and Procedures for Space Flight and Related Investigations	Feb. 1993
B2018-0026/003(06)	NASA-JSC [Johnson Space Center] Institutional Review Board. Guidelines for Investigators Proposing Human Research For Space Flight and Related Investigations	Jul. 1996
B2018-0026/003(07)	Planning. Correspondence and Budget	1995-1996
B2018-0026/003(08)	Experiment Document. NASA-Mir Program Phase 1B Sleep Experiments (639C) Combined	26 Apr. 1995
B2018-0026/003(09)	NASA-Mir Science Program. Institutional Review Board (IRB) Protocols	1995
B2018-0026/003(10)	Budget, equipment	1995
B2018-0026/003(11)	Correspondence re: sessions	Aug. 1995
B2018-0026/003(12)	Mission Overview	Oct. 1995

File number	File title	Date range
B2018-0026/004(01)	Correspondence	1996
B2018-0026/004(02)	Flight Preparation and Launch Support	Mar. 1996
B2018-0026/004(03)	Correspondence re: equipment	1997
B2018-0026/004(04)	Correspondence	1996-1999
B2018-0026/004(05)-(06)	Critical Design Review	1996
B2018-0026/004(07)	Crew Familiarization Package	1996
B2018-0026/004(08)	Dry Run, March 11-16th	1996
B2018-0026/004(09)	Pre-Flight Preparations	1996
B2018-0026/004(10)	August BDC [Baseline Data Collection]	1996
B2018-0026/004(11)	NASA Experiment Manual	Sep.-Dec. 1996
B2018-0026/005(01)	Teleconference notes; chronicle of 26 Aug. 1997 in Moscow	1996-1997
B2018-0026/005(02)	Trip to Russia	1997
B2018-0026/005(03)	Trip to Russia and Mir 23 post-flight BDC	1997
B2018-0026/005(04)	NASA 4/Mir 23 post-flight BDC	1997
B2018-0026/005(05)	NASA 4/Mir 23 post-flight reporting	1997
B2018-0026/005(06)	Correspondence re: data collection	1998
B2018-0026/005(07)	Correspondence re: preflight, inflight, and post-flight BDC figures	1997-1998
B2018-0026/005(08)	"Diurnal Cytokine, Immune Cells and Neuroendocrine Functions in NASA 4, Mir 23, and Mir 24 astronaut / cosmonauts" <i>Slides removed to B2018-0026/001P(07)</i>	[ca. 1999]
B2018-0026/005(09)	Plasma IL1 tables	1999
B2018-0026/005(10)	Final Report <i>Slides removed to B2018-0026/001P(08)</i>	1999
B2018-0026/005(11)	NASA. Second Phase 1 Research Results Symposium - Proceedings	May. 1998
B2018-0026/006(01)	NASA. Third Phase 1 Research Results Symposium - Proceedings	Mar. 1999
B2018-0026/006(02)	APSS [Association of Professional Sleep Societies] Symposium	Jun. 1999
B2018-0026/006(03)	"Frequency Analysis of Slow Wave Sleep During and After Prolonged Space Flight". Abstract and draft report	2001

File number	File title	Date range
B2018-0026/006(04)	"Frequency Analysis of Slow Wave Sleep During and After Prolonged Space Flight". Correspondence, notes, and related research papers	1997-2003
B2018-0026/006(05)	Grant application to CSA [Canadian Space Agency]. "The effects of microgravity and sleep on cellular production of cytokine on bone metabolism".	2000
B2018-0026/006(06)	Second SWIF Project. Grant application to CSA. "Sleep/Wake-related Cytokine and Neuroendocrine Functions in Microgravity"	1999-2000
B2018-0026/006(07)	Second SWIF Project. Grant application to CSA	1999-2000
B2018-0026/006(08)	Second SWIF Project. Notes	2001-2004
B2018-0026/006(09)	Second SWIF Project. Data analysis	2002
B2018-0026/006(10)	Second SWIF Project. Correspondence	1999-2001
B2018-0026/006(11)	Second SWIF Project. SWIF results [data]	18 Jun. 2002
B2018-0026/006(12)	Second SWIF Project. Final Report	Feb. 2004
B2018-0026/001P(05)	Trip to Russia [Moscow and Star City]	[ca. 1997]
B2018-0026/001P(06)	Visit to Johnson Space Centre, Houston	[199-]
B2018-0026/001P(07)	"Diurnal Cytokine, Immune Cells and Neuroendocrine Functions in NASA 4, Mir 23, and Mir 24 astronaut / cosmonauts". 67 slides [see also B2018-0026/005(08)]	
B2018-0026/001P(08)	Final Report slides [see also B2018-0026/005(09)]	1999
B2018-0026/007(03)-(04)	Russian cosmonauts aboard MIR Space Station with electrodes cap. Photographs mounted on particle board	[199-]
B2018-0026/007(05)	[Signed, mounted photograph of STS-81 – MIR – STS-84 astronauts and cosmonauts thanking the University of Toronto Sleep Team]	[199-]
B2018-0026/003ART	EEG [Electroencephalography] electrode caps for monitoring brain activity	[199-]
B2018-0026/008 - /010	19 3.5 inch floppy disks and 58 CDs of data sets for the SWIF projects	[199-]

Series 4: Sound and moving images

Audio cassette tapes

Item number	Tape Description	Date	Extent / format
B2018-0026/001S (01)-(06)	Sleep Research Society. 24th Annual Meeting (Toronto), 28 May - 1 June 1984. Conference recordings – Moldofsky was chair of the conference	1984	6 cassette tapes (copies)
B2018-0026/002S (01)	"Sleep & Musculoskeletal Pain: Possible Mechanisms in Fibrositis Syndrome." Annenberg Center for Health Sciences, Rancho Mirage, CA	18 Mar. 1988	1 cassette tape
B2018-0026/002S (02)	"Can the Hardcore Fibrositis Patient Really Be Helped?" (Panel). Annenberg Center for Health Sciences, Rancho Mirage, CA	18 Mar. 1988	1 cassette tape
B2018-0026/003S (01)	"Sleep Problems in Fibromyalgia & Their Treatment," talk by Harvey Moldofsky, Mid-Atlantic Conference on Fibromyalgia Treatment, Bethesda, MD – Tape 1 of 6	Sep. 1996	1 cassette tape
B2018-0026/003S (02)-(05)	Mid-Atlantic Conference on Fibromyalgia Treatment, Bethesda, MD – Tape 2 of 6 – talks by others	Sept 1996	5 cassette tapes
B2018-0026/004S	CBC Radio <i>Ideas</i> . "Sold on Syndromes" (Part 1 & 2)	Sep. 1998	2 cassette tapes
B2018-0026/005S	CBC <i>Quirks and Quarks</i> – interview with Moldofsky	Oct 1999	1 cassette tape

Video Tapes

B2018-0026/001M: Popular appearances, interviews, commentaries and talks

B2018-0026/002M: Research oriented videos including formal talks and instructional productions

B2018-0026/001M

Tape Description	Extent / Format	Date
Sleep deprivation. 20/20, 1990-10-27	1 Beta tape	1990
The 25 hour clock. CBC : The Nature of Things, 1991-06-12	1 VHS tape	1991
Shiftwork. Workweek	1 VHS tape	[ca. 1991]
Sleep deprivation lab, Global TV	1 VHS tape	1993
CityTV: Insomnia, H.M. and Western [Hospital] lab, April 1994.	1 Beta tape	1994
CTV Special Report – Pamela Walling interviewing Harvey Moldofsky re. MIR sleep experiment	1 VHS tape	ca. 1996
Discovery with Judy Halliday – NASA Sleep experiment	1 VHS tape	1996
Harvey on health show, 1998-01-12	1 VHS tape	1998
The Sleep Famine. CBC: The Nature of Things, 2000-01-24 [with covering letter of 1999-10-20]	1 VHS tape	1999-2000
Tired of being tired, CITY TV (from Ann Mroczkowski)	1 VHS tape	2001

B2018-0026/002M

Tape Description	Extent/ Format	Date
Medical management of insomnia: challenge of the 90's. ICN Canada, January 1994 [includes English and French versions]	2 VHS tapes	1994
MIR 23. Onboard #006 – Sleep study	1 VHS tape	1997
Sleep Disorders in Fibrositis. Dr. Harvey Moldofsky, Toronto Western Hospital. RMH Productions.	1 VHS tape	n.d.
Central Ohio Fibrosis Association. Harvey Moldofsky, MD Ernesto Vasquez, MD (lecture) Ernesto Vasquez, MD (Workshop – coping)	1 VHS tape	n.d.
Central Ohio Fibrosis Association. Ask the experts – questions and answers: Drs. Pillemer, Waylonis, Goldenberg, Moldofsky and Vasquez.	1 VHS tape	n.d.
MDR Clinical Research Training and Development – Introduction : Epidemiology of Sleep Disorders, Module #1 (1:41)	1 VHS tape	
MDR Clinical Research Training and Development – “Normal Sleep Physiology and Sleep Staging”, Module #2 (0:34)	1 VHS tape	
MDR Clinical Research Training and Development –Sleep Disorders, Part 1: Primary Insomnia/Apnea” Module #3 (0:50)	1 VHS tape	
MDR Clinical Research Training and Development – “Sleep Disorders, Part 2 Periodic Limb Movement, Parasomnias Module #4 (0:44)	1 VHS tape	

Tape Description	Extent/ Format	Date
MDR Clinical Research Training and Development – Sleep Lab Workshop: Station 1 & 2, Module #5 (1:28)	1 VHS tape	
MDR Clinical Research Training and Development – Sleep Lab Workshop: Station 3, Module #6 (0:39)	1 VHS tape	