To the problem of modelling of long-term changes of structure of the middle and upper atmosphere

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Results of the analysis of long-term changes of temperature and density of a middle and upper atmosphere have enabled to obtain the data on altitude distribution of the subsidence rate r_S of the upper atmosphere. This regularity is described by power dependence (correlation coefficient $r=0.987\pm0.009$) $r_S=r_{So}\left(Z/Z_1\right)^S$, km / yr, where $Z_1=213\pm10$ km is a height on which there is a subsidence rate $r_{So}=1$ km / yr, $S=2.63\pm0.05$. Thus, Z_1 and S are the generalized characteristics of process of subsidence the atmosphere, determined by operational climatic mechanism, creating its long-term cooling. Therefore modelling construction of the processes causing cooling and subsidence of the upper atmosphere, should provide the determination of parameters Z_1 and S for the control of the agreement of the accepted model with the results of measurements as to various scripts of theoretical models there will correspond their values Z_1 and S. Integration of the subsidence rate allows to make an estimation of subsidence of an atmosphere at given limits of heights.