

**Psychology 360\*:  
The Psychology of Sleep  
Winter Term 2014**

**Instructor:**

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## SCHEDULE OF TOPICS

Date	Topic
<b>SECTION I: INTRODUCTION TO SLEEP</b>	
Jan. 6	Course introduction
Jan. 13	History of sleep research and sleep medicine
Jan. 20	Sleep physiology
<b>SECTION II: THE NEUROBIOLOGICAL BASIS OF SLEEP</b>	
Jan 27	Neurobiology of waking and slow wave sleep
Feb. 3	The phenomenon of REM sleep I: Neurobiology
Feb. 10	The phenomenon of REM sleep II: Dreaming
Feb. 17	<b>Reading week, no class</b>
<b>SECTION III: FUNCTION OF SLEEP</b>	
Feb. 24	Evolution and comparative aspects of sleep
Mar. 3	Sleep and learning/memory
Mar. 10	Sleep and synaptic plasticity
Mar. 17	Sleep as homeostatic mechanism
<b>SECTION IV: SLEEP LOSS AND SLEEP DISORDERS</b>	
Mar. 24	Sleep disorders and their treatments
Mar. 31	Sleep quality and sleep loss: cognitive implications
<b>April</b>	<b>FINAL EXAM: DATE TO BE ANNOUNCED BY EXAMS OFFICE</b>



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