

**Psychology 360\*:  
The Psychology of Sleep  
Fall Term 2016**

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**Aims and Learning Outcomes:**

After successful completion of PSYC 360, students should be able to

- a) summarize the behavioral, physiological, neurobiological characteristics and mechanisms of sleep in various species
- b) summarize the evolution of sleep and critically discuss the potential functions of sleep
- c) identify factors that affect sleep quality
- e) apply methods to quantify sleep parameters and quality in humans
5. describe and discuss the nature of sleep disorders and their treatments.

**Text:** The required readings for the course consist of review articles and book chapters selected to complement the topics covered in the lectures. They are available on the Psyc 360 onQ

**SCHEDULE OF TOPICS**

<b>Date</b>	<b>Topic</b>
<b>SECTION I:</b>	<b>INTRODUCTION TO SLEEP</b>
Sep. 13	Course introduction
Sep. 20	History of sleep research and sleep medicine
Sep. 27	Sleep physiology
<b>SECTION II:</b>	<b>THE NEUROBIOLOGICAL BASIS OF SLEEP</b>
Oct. 4	Neurobiology of waking and slow wave sleep
Oct. 11	The phenomenon of REM sleep I: Neurobiology
Oct. 18	The phenomenon of REM sleep II: Dreaming
<b>SECTION III:</b>	<b>FUNCTION OF SLEEP</b>
Oct. 25	Evolution and comparative aspects of sleep
Nov. 1	Sleep and learning/memory
Nov. 8	Sleep and synaptic plasticity
Nov. 15	



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