



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 web site.

Bi-weekly quizzes (best 5 of 6):	10%
Lab projects:	50%
Final exam:	40%

Bi-weekly Quizzes (5 of 6; 10%): The goal of the activity is to encourage regular attendance and review of lectures and posted readings. Quizzes are posted on onQ and cover 2-week periods of the course. Content from the lectures and assigned readings will be examined. Answers will be submitted on onQ (2% per quiz, the best five (5) of the six (6) quizzes will count toward the final grade; for a total of 10% of the final grade).

Laboratory Projects (50%):

1. Completion of sleep diary and written laboratory report: *Fac i fl e ci g lee ali i ad l* (25%).
2. Overnight sleep EEG recordings in the lab (attendance mandatory) and submission of a sleep hypnogram (10%).
- 3, *Slee M h : A e c e a d l a c ce i ab lee m e fac fic i ?* Independent research project to critically evaluate a common idea, hypothesis, or widely accepted notion regarding sleep. You and your partner will present the results of your research to your lab section (15%).

Details regarding the laboratories will be provided in the lab manual (see below) for each project. Note that attendance in all scheduled labs is mandatory and will contribute to the participation mark for each lab component.

Final exam (40%): The exam will consist of a take-home exam at the end of the semester. You will have a 10-day period to complete and submit the exam. Material from lectures, laboratory sessions, and the required readings will be examined.

SECTION I: INTRODUCTION TO SLEEP

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Week 1 (Sep. 9) Course introduction: Why care about sleep?

Week 2 (Sep. 16) History of sleep research and sleep medicine



due date to submit sleep diary, Friday, Sep. 20, 11:59 pm\*

Quiz #1: due date, Sunday, Sep. 22, 11:59 pm\*

Week 4 (Sep. 24 – 30)

lab session: hand out sleep diary data; discuss lab report

due date to sign up for EEG overnight lab, Tuesday, Sep. 24, 11:59 pm\*

overnight sleep sessions in Sleep Lab\*

Week 5 (Oct. 1 – 7)

no lab

Quiz #2: due date, Sunday, Oct. 6, 11:59 pm\*

due date for “Sleep Myth” proposal, Friday, Oct. 4, 11:59 pm\*

overnight sleep sessions in Sleep Lab\*

Week 6 (Oct. 8 – 14)

lab session: lab report writing strategies

overnight sleep sessions in Sleep Lab\*

Week 7 (Oct. 15 – 21)

\* hypnogram paper due one week after your overnight

- Week 10 (Nov. 5 – 11)      Sleep Myth #2 presentations during lab sessions  
overnight sleep sessions in Sleep Lab \*  
Quiz #4: due date, Sunday, Nov. 10, 11:59 pm\*
- Week 11 (Nov. 12 – 18)      no lab
- Week 12 (Nov. 19 – 25)      Sleep Myth #3 presentations during lab sessions  
Quiz #5: due date, Sunday, Nov. 24, 11:59 pm\*
- Week 13 (Nov. 26 – Dec. 3) Sleep Myth #4 presentations during lab sessions  
(make-up date, only if needed)  
Quiz #6: due date, Sunday, Dec. 8, 11:59 pm\*
- Dec. 5-15:      Final take-home exam  
Due date to submit exam, Dec. 15, 11:59 pm\*

\* hypnogram paper due one week after your lab (see Lab Manual for details)

**\*Policy on deadlines and late submissions:**

All late submissions will be penalized (5% deduction from the grade for the affected lab project for each day late; this applies to the completed lab project, but also the deadlines for signing up or submitting proposals. For lab projects with multiple deadlines, separate penalties will be added up and deducted from the final project grade). Projects, proposals, or sign-ups that occur between 1 min to 24 hours after the stated deadline are considered 1 day late; submissions received from 24 hours and 1 min to 48 hours late are considered 2 days late; etc.

Academic integrity is constituted by the five core fundamental values of honesty, trust, fairness, respect and responsibility (see [http://www.academicintegrity.org/fundamental\\_values\\_project/index.php](http://www.academicintegrity.org/fundamental_values_project/index.php)). These values are central to the building, nurturing and sustaining of an academic community in which all members of the community will thrive. Adherence to the values expressed through academic integrity forms a foundation for







your writing is respectful and inclusive.

4. Recognize and value the experiences, abilities, and knowledge each person brings.
5. Pay close attention to what your peers write before you respond. Think through and re-read your writings before you post or send them to others.



# LAB MANUAL

## FALL Term 2024

Attendance in all scheduled labs is mandatory and will contribute to the participation mark for each lab component. Details are found in the Lab Manual for each, specific lab component.

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### Lab #1: Sleep Diary and Lab Report

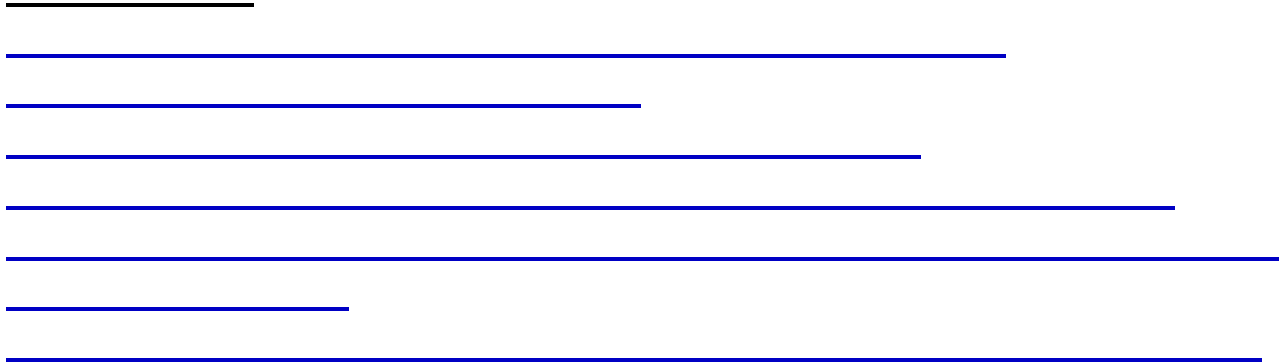
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The first goal of this lab is to demonstrate the use of a common self-report technique (the sleep diary) to track sleep quality over a 7-day period, and to identify the influence of various life-style factor on sleep. The second goal is to summarize, analyze, and present the data collected in the sleep diaries in a written APA-style lab report.





All figures and tables should include brief captions describing their content. Figures should be simple and illustrate no more than one or a few major points. The figures and tables should be placed at the end of the report, after the references section.







Are all figures clearly constructed and do they show the effects found in the study?

## **Lab #2: Overnight Sleep-EEG Lab**

### Overview:

The goal of the lab is to demonstrate to students the procedures involved in a typical overnight polysomnography sleep experiment in real time. Groups of 5 students, together with one TA, will spend one night in the Sleep Laboratory at Queen's. One student will be the "sleeper", who will be connected

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### Lab #3: Sleep Myth Presentation

#### Goal:

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#### Background:

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#### The Sleep Myth and Relevant Research:

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**deadlines and late submissions**  
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**Attendance and Participation:**

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