

PSYC 3990 900 – Sleep and Sleep Disorders

University of Pennsylvania

Summer 2023

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Office Hours: by appointment

Online course: All instruction for this course will take place online. This will include virtual meeting sessions for approximately 2 hours per week (Wednesdays 5:15-7:15 PM) in which students will log into a website for live presentation of material and discussion. In between virtual meetings there will be required work to complete online that will include short lecture videos, readings, and links to external resources on sleep and sleep disorders.

Course Learning Objectives:

Students will be able to *recognize* and/or *describe* the:

1. Basic neurobiology and epidemiology of sleep and wakefulness;
2. Role of sleep in physical and mental health;
3. The types and treatments of sleep disorders.

Course Assessment & Grading Methodology:

Online discussion – Each week you will be expected to contribute to online discussion of questions on Canvas. At least 2 posts per week are required, one of which must be commenting on the discussion of other students.

Sleep report – You will track your sleep for a week and complete several sleep questionnaires. The data collected will be used to write a report of your sleep patterns. **Due 6/14**

Exams – There will be 2 take-home examinations that will consist of a combination of multiple choice and short answer questions. Exam 1 will cover the first half of the material and Exam 2 will cover the second half.

Research Assignment – You will choose a topic within sleep and sleep disorders and write a 5-7 page research paper. The topic must be approved before June 15th. You will then create a ~10 minute presentation of your topic that will be posted online for review by the rest of the class.

<u>Assessment Format</u>	<u>Weight</u>
Online discussion	10%
Sleep report	5%
Exam 1	20%
Exam 2	20%
Research Paper	30%
Research presentation	10%
Attendance/participation	5%
Total:	100%

Grading Scale:	100 – 97 A +	79 – 78: C+
	97 – 93: A	77 – 73: C
	92 – 90: A-	72 – 70: C-
	89 – 88: B+	69 – 68: D+
	87 – 83: B	67 – 60: D
	82 – 80: B-	below 60: F

University Policies and Programs

Expectations for live class meetings

You are expected to attend the class meeting each week over zoom. The meetings are recorded, so if you have to miss one you can go back and view it later. However that will count against your attendance grade. Please follow the following guidelines during the meetings:

- Your webcam should be on for the duration of the class meeting unless you need to step away for a minute.
- You can mute your audio if you like, and just unmute if you want to make a comment or ask a question.
- Although you may be at home in a comfortable environment during class time please maintain classroom behavior. For example dress like you would for class, be seated at a desk or table, be aware of what is in your background, etc. Remember, we can all see what's around you!

Code of Academic Integrity

You must familiarize yourself with the Code of Academic Integrity in the University of Pennsylvania. It is your responsibility to ensure your behavior does not violate this code. You must observe the policies regarding various forms of academic dishonesty. The following statement about academic dishonesty has been provided by the University of Pennsylvania, "Activities that have the effect or intention of interfering with education, pursuit of knowledge, or fair evaluation of a student's performance are prohibited." Academic dishonesty will not be tolerated and may be handled by the Office of Student Conduct. More information is available here: <http://www.upenn.edu/academicintegrity/>. Inappropriate activity during exams (e.g., consulting notes or other students) may result in a zero on the exam and will be submitted to the Office of Student Conduct. As a student in this course, you will be held accountable for your actions.

HELP Line (24/7)

The HELP Line is a phone service that connects callers with the many health and wellness resources at Penn, including CAPS, Student Health Service, Student Intervention Services, Public Safety, and others. You may call for yourself, or on behalf of a friend or acquaintance. Calls will be answered 24 hours a day, 7 days a week by Division of Public Safety professionals trained in mental health referrals by staff from Counseling and Psychological Services (CAPS). If you or someone you know needs help, please call the HELP Line at **215-898-HELP**.

Counseling and Psychological Services (CAPS)

CAPS offers confidential free professional mental health services. The goal is to assist students in their adjustment to university life and help them take full advantage of the academic and social environment at Penn. Students can learn to manage personal problems and situational crises effectively, learn strategies to cope with academic stress, and develop self-awareness, personal responsibility, and skills for life-long learning.

Online scheduling: <https://uapps.vpul.upenn.edu/capsform/>

Phone: 215-898-7021

Email: caps@pobox.upenn.edu (please do not email for an appointment)

Website: <http://www.vpul.upenn.edu/caps/>

Address: 3624 Market Street, First Floor West, Philadelphia, PA 19104-2615

If you are experiencing an emergency that cannot wait until the next day office hours, please call the main number (215-898-7021) and press # 1.

CaseNet

CaseNet is an academic support team in the College Office charged with providing a centralized response to all College students in academic difficulty

(www.college.upenn.edu/casenet). CaseNet can be reached at col-casenet@groups.sas.upenn.edu or by calling 215-898-6341.

Cases referred to CaseNet include:

- Students who are ill or otherwise prevented from attending class for more than five days.
- Students in serious academic difficulty.
- Students who are hospitalized or who have other kinds of acute problems (victim of crime, etc.) that interrupt their normal schedule.
- Students who are experiencing personal or family concerns significant enough to interfere with their academic work or to impinge on those around them, including a death in the family.

Week	Date	Topic
1	5/24	Course overview, introduction to sleep <i>Create a profile on the course Canvas site</i>
2	5/31	Measurement of sleep
3	6/7	Sleep deprivation watch National Geographic video Sleepless in America https://www.youtube.com/watch?v=1qlxKFEE7Ec
4	6/14	Neurobiology of sleep <i>Sleep report and paper topic due</i>
5	6/21	Circadian rhythms
6	6/28	Sleep and psychopathology <i>Exam 1 given out</i>
7	7/5	Dreaming and nightmares <i>Exam 1 due</i>
8	7/12	Sleep disorders – insomnia <i>Paper due</i>
9	7/19	Sleep disorders – sleep apnea <i>Presentation due</i>
10	7/26	Sleep, cognition and learning / memory <i>Exam 2 given out</i>
11	8/2	Sleep disorders – parasomnia, narcolepsy and other sleep disorders <i>Exam 2 due 8/4</i>