

University of British Columbia
PSYCHOLOGY 208-001
Sleep and Dreams
(3 credits)

Course Outline

Course Weeks	September 6 th -November 29 th , 2017
Course Dates	Wednesdays 4:00-7:00pm
Room	Buch A103
Instructor	Dr. Andrea Perrino
E-Mail	aperrino@psych.ubc.ca
Office Hours	By appointment, generally before class
Office	Audain Arts Centre, 4037
Teaching Assistant	Jessica Stewart
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Office Hours:	By appointment

1. Course Description: In this course we will explore the nature of a universal behaviour - sleep. We spend approximately a third of our lives asleep yet scientists continue to struggle with the full explanation of WHY we sleep. The purpose of this course is to introduce students to the psychology and science of sleep research and its impact. Students will be familiar with basics of sleep physiology, circadian rhythms and the sleep-wake regulation, as well as the impact of sleep deprivation on cognition, academic performance and driving. Students will also be able to recognize and describe the diagnostic criteria for sleep disorders and options for their treatment. Furthermore, students will have familiarity with theories of dreaming, and the reasoning regarding their interpretation. Beyond contextual or theoretical understanding, students will be encouraged to apply the material to their own lives. This will be accomplished by means of discussion within the class, and in the preparation and completion of the exams.

2. Prerequisites: Enrolment in this course not restricted, although students who have successfully completed PSYC 100 or the equivalent (PSYC 101, PSYC 102), and upper level psychology courses will benefit from this knowledge and academic experience.

3. Format of the course: 3hr once a week lectures with active in-class discussions.

4. Assigned Textbook, Readings (Required): you can purchase the online if need be, Dement, W.C., and Pelayo, R., with Singh, K. (2016) *Dement's Sleep and Dreams (2nd ed.)*. Palo Alto California: Stanford University Center for Sleep Sciences and Medicine.

5. Course Requirements and Grading:

- i. Midterm (35% or 50%): a 2:00 hour in-class test
- ii. Final Exam (50%): 2.5 hour exam, scheduled by Registrar (generally non-cumulative) time and location scheduled by the University
- iii. Optional Paper (15%): sleep or dream diary and reflections

More details.....

i. Exams

You are responsible for the assigned material in the textbook, and all lecture material (which will certainly differ as well as reflect content in the text).

The exams will be presented in multiple-choice, as well as matching tables, and short answer format. You **MUST** have a HB pencil and eraser each time you write an exam for electronic scoring (the machine will not accept pen).

ii. Paper: You have the option of writing a paper that will focus on observations you make throughout the term.

Paper options:

Master of Your Sleep: You will create a sleep diary, in which you document the amount you sleep every night, the average weekly amount and a summary of your physical and psychological state during the day. Describe any sources of impact to your sleep quality or quantity (e.g., worrying about exams, traffic outside a window). After 4 weeks, you will make specific changes to your sleep hygiene and report on the changes you made, and the any impact this has on the quality and quantity of your sleep and daily living. Continue the intervention period for 5 weeks (so, 9 weeks into the course now). Finally, in 2 pages describe what you learned from this process (for yourself, for understanding sleep research). Hand in the entire sleep diary and your thoughts.

OR

Dream Weaver: you will create a dream diary, in which you document the dreams you have (if you can recall them after each morning/awakening). At the end of each month, being September and October, you will analyze any similarities or trends or any distinctive characteristics. Provide some hypotheses of the origin of these dreams or content. If you have a particularly vivid or impactful dream, report the characteristics (or if you choose to use another medium like drawing or painting, do so!) and describe how/why it was impactful. Compare the meaning you have derived with that of some sources (medical/physiological and pop culture). Ensure to reference these and attach this page to your paper. Finally in 2 pages describe what you learned from this process (for yourself, for understanding dream research). Hand in the entire dream diary and your thoughts.

6. Policies:

Attendance and class participation – The purpose of the lectures will be to amplify, explain, exhibit, and expand on the material in the texts. Although there naturally will be overlap, unique material will most certainly be presented in lecture. Showing interest and involving yourself in class discussions are strongly encouraged for learning enhancement.

Communication – all announcements regarding class schedule or content changes, practice exams, policies, and other information will be presented at the start of a lecture, and via electronically. If you are late or do not attend a class, rely on your fellow classmates in order to obtain this information. Also, you are responsible for obtaining any lecture notes you have missed (for any reason) via a fellow classmate (notes will not be sent on an individual basis).

Email or other electronic communication: Please ensure that your address is up-to-date with the University system, and do check it regularly. I do not manage the email addresses of students in the class, so seek assistance from student services if you have any issues or changes to your email. If you e-mail

me, please permit more than 24 hours before a response can be expected. If you have questions that require a long response or discussion, we would be happy to help you “in person”. I will stay as long as necessary after every class to ensure all questions or comments are addressed.

Electronics –Be considerate of your fellow students and the instructor, please turn off and put away electronics, beyond that of a laptop for note taking purposes. If you decide to text, facetime, view a video or game, or use your electronics for other potentially distracting means, I reserve the right to ask you to leave the class at any time since you are clearly disinterested and affecting others. Also, no electronics will be permitted for use in any exam.

Food and Scents– If you would like to bring food to class, simply be considerate of the students who surround you (and the instructor) by refraining from very odorous food or noisy wrapping. Additionally, please refrain from wearing scents to class as many people, including your instructor may have severe allergies to many airborne fragrances (e.g., skin creams, hairspray, cologne/perfume). Also, no food or beverages will be permitted in any exams without a medical note.

******BIG DEAL OF WHICH TO BE AWARE******

This may be different from other courses that you have taken in the past.

If you miss an exam or deadline, you will be graded as a 0%.

Make no assumptions. If you believe that you do have a valid reason to miss an exam, you or a caregiver or friend *must* contact the instructor to discuss your situation, **previous to the exam time and date (no later than 24 hours before; not the day of, nor after the exam)**. Valid documentation for any and all cases must be available and provided to the instructor as soon as possible. Do not assume that if you report illness or other situation (via email or otherwise) that you will be accommodated. Valid documentation ***is absolutely required***. Other reasons that will **not** be accommodated include: being too busy, feeling overwhelmed, or too many assignments from other courses, missing a bus/flight, forgetfulness, family obligations, vacations or upcoming travel plans, work scheduling, or simply unable to attend the exam (this is not an exhaustive list). Each case will be judged individually, and the documents must be presented previous to any decisions on accommodations or makeup exams. Also note that current psychological issues (depression, stress or anxiety, etc), or physical disabilities or injuries will not be diagnosed by your instructor. We work in communication jointly with Arts Advising, and with the Access and Diversity Centre. Accommodation will take place in the case when a student with a disability has registered with the Access and Diversity Resource Centre. The University also accommodates students whose religious obligations conflict with attendance, and examinations. Please **let your instructor know in advance**- in the first week of class, if you will require any special requirements as such.

If a make-up exam is scheduled, this will take place within the shortest time period possible (within a few days to a week), and it may conflict with other courses or commitments. Make-up exams for the midterm cannot be provided after several weeks have passed. A unique exam will be created for you, and the exam may be in any form. If you miss the final exam, you will write during the University’s official deferred period.

Something else to consider, regarding the assignments and exams....

Midterm exams can be reviewed with your TA, for 1 week following the grade posting. If there is any dispute, note that both instructors reserve the right to remark the **entire** exam and the grade that was originally assigned can either change to an increase or decrease or remain the same. Review of multiple choice questions would be for learning purposes only (and not argument or alteration).

It is a university regulation that if you wish to dispute your final exam it can only take place with special written request from the Dean’s Office. During this viewing, discussion of grades is not permitted, but for learning purposes only. If you believe that an error has been made in the marking of your final

examination, you may make an official request from the Registrar's Office (within 4 weeks of the announcement of the final grades). The examination remains the property of the university.

Finally, note that for the exams: attend and be on time. If you are late, you will not be permitted to write if any one person has completed and left the room. Also, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

7. Psychology Department's Policy on Grade Distributions and Scaling

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. **Scaling** is likely to be used in order to comply with norms set out by the Department and therefore grades may be scaled up or down as necessary. Grades are not official until they appear on a student's academic record.

8. Academic Dishonesty

Short version: Don't try it, don't do it. The consequences are more grave than you may think: you will fail the course, and/or will be expelled from University, and unable to attend any other post-secondary institution in the future (it HAS happened!).

Long version: Psychology Department's Position on Academic Misconduct

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

9. Finally....

Further information about academic regulations, course withdrawal dates and credits can be found in the [University Calendar](#). If you run into trouble and need information about studying, preparing for exams, note-taking or time-management, free workshops and advice are available from the Student Resources Center.

Psychology 208-001: The Psychology of Sleep and Dreams
September-December 2017
Schedule of Topics and Assigned Readings

Note: This list is meant for general reference, as a guide. It will likely undergo changes and adjustments given presently unforeseen circumstances. *Please be aware that changes and announcements that are pertinent to you will be emailed or provided in the beginning of the lectures.*

WEEK	Topics or Exams	Readings
Sept 6 th	Introduction to course, outline review Why study this?	Chpt 1, 2
Sept 13 th	History of sleep and dreams research	Lecture only
Sept 20 th	Physiology of sleep and its measurement	2
Sept 27 th	Sleep need, optimal wake/sleep, circadian rhythms	4, 5 (+ loads of info in lecture)
Oct 4 th	Sleepiness, sleep debt and sleep deprivation - individual and societal consequences	3, 6, 8, 22
Oct 11 th	<i>MIDTERM EXAM</i>	
Oct 18 th	Sleep hygiene and sleep improvement in a challenging situations: jet lag, shift work, deadlines	7, 8
Oct 25 th	Sleep disorders - insomnia, narcolepsy, KLS, restless leg syndrome, obstructive sleep apnea	14, 15, 16, 17, 18
Nov 1 st	Sleep disorders - parasomnias: sleep walking, sleep talking, nightmares, sleep terrors	19
Nov 8 th	Sleep disorders - sleep paralysis, sleep related hallucinations, sleep related eating disorders, enuresis, EHS	19
Nov 15 th	Dreaming - theories, psychophysiology	9, 10
Nov 15 th	<i>OPTIONAL PAPER DUE</i>	
Nov 22 nd	Dream content, interpretation, and lucid dreaming	11, 12, 13
Nov 29 th	Course completion	