

Contemporary Topics in Social, Developmental, Personality, and Clinical Psychology: Sleep and Dreams

PSYCH 208-901 (3 credits)

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

2. Course Structure: 3hr once a week traditional lecture style with active in-class discussions.

3. Schedule of Topics: found in the Calendar section.

4. Course Description and Learning Outcomes: 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.

5. Learning Materials 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. This text can be purchased at the Bookstore or online (approximate cost of \$60).

6. Assessment of Learning:

- 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.....

a. 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).

b. 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. Document what 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.

7. Policies

a. University Policies:

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. Details of the policies and how to access support are available on the UBC Senate website.

UBC provides appropriate accommodation for students with disabilities and for religious observances. Please let your instructor know in advance (within the first week, if possible) if you require any accommodation in this manner.

For course policies regarding in-term academic concessions (for illness or possible absence), please refer to the relevant UBC calendar entry:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>Links to an external site..' As such, please contact your Instructor as soon as possible if you must miss an exam or assignment deadline. Each case is judged individually. If a make-up exam is required it will be scheduled within the shortest time period possible. A unique exam will be created for you, and the exam can change in format. If you miss the final exam, you must apply to write during the University's official deferred period.

UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is the suppression of academic freedom.

UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

b. 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

c. Course 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, live chat, view a video/film or game, or use your electronics in a distracting manner, 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.

Pets- animals of any sort are not permitted in the lecture or at exams.

Exams - Midterm exams can be reviewed with your TA for 2 weeks 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).

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.

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 (Ugh. This 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/calendarLinks> to an external site.).

9. Copyright

All materials of this course (handouts, lecture slides, assessments, etc) are the intellectual property of the course Instructor or licensed to be used in this course by the copyright owner. Capturing or redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline. Please do not take any photos of the slides or the Instructor(s) or record the lectures without the expressed permission of the course instructor.

Lecture Topic List:

Intro to Sleep and Dream

History of Sleep and Dreams

Sleep Physiology and Measurement

Sleep Need, Circadian Rhythms

Sleepiness, Sleep Debt and Deprivation

Sleep hygiene, jet lag, shift work and other challenging sleep situations

Sleep Disorders - Insomnia, narcolepsy, KLS, RLS, OSA

Sleep Disorders - parasomnias (sleep walking, talking), nightmares

Sleep Disorders - sleep paralysis, hallucinations, eating disorders, EHS

Dreaming: Theories, physiology

Dream content, interpretation, lucid dreaming

Course Completion (Media/Speaker)