

PSY 4250: Psychology of Sleep

Course Time and Place: TR, 2 PM – 3:15 PM, SMID 104

Professor: Alexandria M. Reynolds, Ph.D.

Office: Smiddy Hall, Rm 153

Email: AMR6T@uvawise.edu (best way to reach me)

Phone: 276-376-3459 (office phone)

Office Hours: Mondays and Wednesdays: 12-2 PM; Thursdays: 2-3 PM;

“Virtual” office hours: Tuesdays and Thursdays: 1 – 2 PM and Fridays 11 AM – 1 PM

**Virtual office hours mean that if you email me during this time, you should receive a response within my office hour time period (I am likely in my office or lab (Smiddy 130) at this time, but also available via email)*

Contact me anytime **via email** with questions/comments, or to schedule an appointment outside of these listed office hours.

COURSE INFORMATION

Course Description: Welcome to the Psychology of Sleep. We will cover topics including the neurological processes of sleep, dreaming, and consciousness, as well as sleep disorders such as narcolepsy, insomnia, and hypersomnia. This class is designed to be interactive, with lectures and activities designed to give you a unique learning experience. Not only will you learn about sleep in general, you will also gain insight into your own sleeping patterns. Being able to write and talk about the topics in sleep science are imperative to sleep education learning and outreach.

Learning Objectives: By the end of this course, students should:

1. *Acquire knowledge* of the basic neurophysiology of human and non-human sleep and sleep-wake mechanisms through studying textbooks, lectures, and journal articles.
2. *Gain an appreciation* about sleep disorders, their clinical presentation, underlying causes, and possible therapies by reading journal articles and textbooks and watching personal stories of patients with actual sleep disorders.
3. *Demonstrate comprehension* of sleep methodology by writing journal article summaries.
4. *Interpret and integrate* your learning in relation to your own sleep habits through subjectively and objectively observing and measuring your own sleep and writing sleep assessment papers.
5. Use your expertise and *apply your knowledge* by designing a sleep outreach project to promote sleep health.

Suggested Textbook: Title – *The Stanford Sleep Book*; Author – William C. Dement

ISBN-10: 1495119467; ISBN-13: 978-1495119460. There is a newer version (available in the Campus Bookstore, called *Dement's Sleep & Dreams* (Second Edition) by Rafael Pelayo and William Dement. There are no *required* textbooks, but there will be required readings of articles and viewing of videos prior to class (provided on Moodle).

Course structure and grading policy:

Outreach Project and Presentation =	25 points
2 Exams x 10 points each =	+ 20 points
3 Article Reviews x 3 points each =	+ 9 points
2 Quizzes x 5 points each =	+ 10 points
Sleep Assessment Paper =	+ 15 points
Sleep Hygiene Application Paper =	+ 15 points
2 Sleep Log x 3 points each =	<u>+ 6 points</u>
Total points possible=	100 points

Grade Standards

A = 90% - 100%; B = 80% - 89%; C = 70% - 79%; D = 60% - 69%; F = 59% or less

Exams and Quizzes: There will be two exams this semester (including the final exam). The final exam *will not be cumulative*. Exams will consist of multiple choice and short answer questions. There will be two online quizzes, constructed in the same manner as the exams.

Article Reviews: You will be provided with journal article readings for each major topic in this course (roughly each week). There will be a total of 10 major topics, where there are several articles provided for you to review each week. Even though you will be supplied with multiple articles per week for multiple weeks, you are only required to pick *THREE* articles to total to review throughout the semester. You will write a minimum of 400 words, explaining/describing the contents of the article (no copying), the merits of the study/review, the cons/faults of the work, and the implications of that information (for example, if it is a public health concern and what that information would do to help the general public). You should always write in APA format. All work that you submit for these activities is expected to be original and your own, without plagiarism.

Outreach Project and Presentation: Educating the public is a significant feature of sleep science. You will complete a sleep outreach project as a group or as an individual. Your idea MUST be approved by the deadline (see schedule below) in order for you to get credit for your project. You will also present your project, as a group or individual, during the last week of classes. Examples of projects include writing and illustrating a children's book about sleep, putting together an education-level appropriate presentation for individuals at an assisted-living community, maintaining a blog the entire semester about sleep education, etc. You may receive extra credit points for outreaching to the local community (for example: reading your children's book to a local elementary school class). See "Extra Credit" section for more information.

Sleep Logs, Assessment Paper, and Application Paper: The *sleep log activity* will provide more insight into your own sleep patterns. Students will maintain a log of sleep patterns with the log sheets provided and test one sleep tracking application of choice. You will objectively measure your sleep via an actigraphy watch provided for the sleep observation period. We will review sleep logs and patterns during class, as well as walk through how to assess your sleep using sleep questionnaires. The first paper (*Sleep Assessment*) will be an APA formatted paper, which will describe your own sleep patterns, observations, as well as a plan to improve your sleep habits based on what you have learned in the course thus far. You will include your sleep

questionnaire scores in this paper. During the next few weeks, you will pick one week to repeat your sleep log. During this week, you will actually implement the changes that you proposed in your original Assessment Paper. The description of this process and the results will be described in your *Sleep Hygiene Application Paper*. During this period, you will observe your sleep using the sleep logs and actigraphy. You will retake the questionnaires after you have finished the week and see if there were any improvements in your sleep patterns and results. The second sleep log must be turned in with this paper in order to receive credit. Templates will be provided for these papers. See the schedule below for all due dates. All work that you submit for these activities is expected to be original and your own, without plagiarism.

Extra Credit: Several extra credit opportunities will be available and announced in class. Examples of extra credit opportunities include participation in experiments (generally 1 extra credit point per hour) and short additional assignments (e.g. “pop quizzes”) randomly distributed throughout the semester. Volunteering to help with the Girls’ Day in STEM-H event will provide multiple extra credit points. Additionally, you will have an excellent opportunity for 5 points of extra credit if you implement your outreach project. You MUST have this implementation completed at least 3 weeks prior to the end of the semester for *extra credit*.

Course Format: *This is a face-to-face class, but I do use several online resources regularly.*

MOODLE: This course is conducted through the College’s Learning Management System (LMS), called Moodle. To access the site, go to: <http://moodle.uvawise.edu/>. **NOTE: Moodle may not be compatible with smart phone software, so it is suggested that you use a desktop computer or laptop to complete your coursework. You may not redo an assignment or quiz if it messes up on your phone!**

EMAIL: You are *always* encouraged to contact me via e-mail with any questions or concerns that you may have. Please see the following important information about email:

- Please send emails from your UVa-Wise account only
- Check the syllabus/Moodle page to make sure the answer is not already there
- Please use appropriate etiquette (begin with greeting, end with appropriate signature) and provide enough information to help me help you (tell me your full name, the course name, and what section you are in)
- Please reread your email before sending to make sure that it makes sense and does not have any spelling/grammar errors
- Monday through Friday, I will be responding to student emails within approximately 24 hours. However, it will take me longer on the weekends to respond, so please be sure to contact me with enough time to get a response before your assignment is due.
- All e-mail from Moodle and my emails go to your UVa-Wise account (unless you have set it up otherwise); therefore, *you are responsible for checking your UVa-Wise email account regularly.*

YOUTUBE: I have several recorded lectures available for this course. However, since these recordings were done at different points in different semesters, I cannot guarantee that some of the material is relevant pertaining to dates/assignments. The material may be more or less in depth compared to a regular face-to-face class, *but may be used as a resource in addition to*

attending lectures. Recorded lectures will be available through my YouTube Channel - https://www.youtube.com/channel/UChU_1SBps0awdMWPrZJDj9Q.

ZOOM: Zoom is a conferencing website and app that I use to conduct live-streamed and recorded lectures, as well as “virtual” office hours (if you need to meet “virtually”). In the event that we have inclement weather or schedule cancellations, I may post new recorded lectures and/or live-streamed lectures in order to stay on schedule (later posted to Moodle). I will send an email directly to the class with a link to access the Zoom meeting.

Attendance Policy and Make-Ups: I will take attendance each class. If you come in after I have taken attendance, it is your responsibility to see me after class or your tardy may be counted as an unexcused absence. As in accordance with the College catalogue, “***Each student is expected to attend all the classes...***” **If you leave before I have dismissed the class,** it will be counted as an unexcused absence, unless I accept your reason for leaving as valid. ***If you sleep in class, you will be marked as absent (unexcused). You may also be asked to leave the class.***

After 4 unexcused absences, you will **lose 1 point** for every subsequent unexcused absence. You personally must submit all excuses for absences me by email within one week of your return to class. Failure to sign the attendance sheet or sign in to the app and/or failure to submit a timely excuse will automatically be considered unexcused. **You are responsible for completing any work or assigned material.** Make-ups for exams are only allowed with a valid excuse. You must provide an excuse within one week of the exam. If at all possible, notification should be given prior to the exam/quiz. ***All make-ups must be scheduled within 3 business days of the date of the missed exam.***

CLASSROOM POLICIES

- **Plagiarism** is prohibited and a violation of the honor code. Your writing assignments and homework must be entirely your own work. Evidence of plagiarism may be submitted for honor’s violations. Plagiarism includes taking any material word-for-word or in paraphrased form, from another source (e.g., another student, published material, or the internet) without appropriately citing the source. It also includes taking another person’s ideas and claiming them as your own. You may not recycle your own work from other classes to submit to this course. Plagiarism will result in a grade of zero for the assignment, and possibly a **grade of “F” for the class.**
- **Academic Cheating** is unacceptable conduct and a violation of the honor code. This includes any form of cheating on exams or allowing others to copy your answers. Academic cheating will result in a grade of zero for the assignment, and possibly a **grade of “F” for the class.**
- **Disorderly conduct** that inhibits or interferes with the educational responsibility of the University’s social-educational activities is not allowed. This includes your conduct online. You may be reported for causing a hostile environment, which is an honor code violation.
- **Tobacco use** (including chewing tobacco) is prohibited.

Electronics use:

- **Computers, tablets, iPads, etc.:** You are encouraged to use your electronic devices (i.e., iPad) in the classroom to enhance your learning experience. We will be using specific apps

in this course (i.e., Remind, Socrative, and a Human Anatomy app), so please download these apps as soon as possible. Please use the note-taking features (such as Notability or Notes), including taking pictures of slides (and writing on them with the Apple Pencil), downloading PowerPoint slides from Moodle, and typing notes during class. You may also record lectures or parts of lectures as long as the process is not distracting to you, the professor, or your fellow classmates. Although the iPad and other devices can be quite helpful in the classroom, please do not use your device in the classroom if it will distract you, the professor, or your classmates (for example – do not surf social media or get caught up on your favorite TV show). **You may be asked to put your device away if it is a distraction.**

- **Cell phones:** *Please do not excessively use your cell phone during class.* It is disruptive for students to text or participate in other activities during class time. The exception: cell phone use is **prohibited** during exams and quizzes. **You will receive a grade of “zero”** on the exam/quiz if your phone rings or if you use it in any capacity during the exam/quiz.
- **Earbuds/Headphones:** Please note that you may not use headphones of any kind during lecture in the classroom. You may not have headphones draped over your ears, on your neck, or your chest. Headphones include over the ears, earbuds, Bluetooth, AirPods, wired, or wireless varieties. You are expected to be paying attention during lecture, and it is very distracting to you, your fellow classmates, and the professor to have headphones in/around your ears. If you have an exception due to special accommodations, you must provide documentation from Disability Services.

Students with Disabilities: All students with disabilities requiring accommodations should present the appropriate paperwork from the ADA Coordinator (Faculty Accommodation Notice). It is the student's responsibility to present this paperwork in a timely fashion and follow up with the instructor about the accommodations. Accommodations for test-taking (e.g. extended time) should be arranged at least 3 class days before an exam. If you are not registered with the Disability Services, please do so as soon as possible by contacting the ADA Coordinator (Zehmer Hall, Office 152, 328-0265).

If you are experiencing trouble in the course: Contact me immediately! If you perform poorly on the first assignments or test, *please* take the initiative to come in and talk to me about how to make things better. Do not be embarrassed – I am here to help you.

Sexual Misconduct/Harassment Statement: The University of Virginia's College at Wise strives to provide a working and educational environment for all faculty, staff and students that is free from sexual misconduct/harassment. Sexual harassment, sexual assault and other acts of sexual misconduct are forms of sex discrimination prohibited by Title IX. The College reaffirms its commitment to maintain a campus environment emphasizing the dignity and worth of all members of the college community. To view the UVa-Wise's Sexual Misconduct/Harassment policy, please visit: [tabitha.smith@uvawise.edu](http://www.uvawise.edu/compliance>TitleIX. If you have questions or concerns, please immediately contact your Title IX Coordinator, Tabitha Smith, (Office: 276-328-0131, Cell: 276-870-5065, <a href=)). The office is located on the first floor of Cantrell Hall. Please note that I am considered a Title IX Responsible Employee, which means that if you disclose any relevant experiences (e.g., sexual harassment or sexual assault) that occurred to you or someone else on campus, I am legally obligated to report them to our Title IX coordinator.

Date	Topic	Activities & Due Dates
8/22	Introduction to Course	<i>Sleep Knowledge Assessment</i>
8/27	Introduction to Sleep	
8/29	History of Sleep Science	
9/3 – 9/5	Evolution of Sleep – Animals and Humans	
9/10 – 9/12	The Sleeping Brain	
9/17	Sleep Cycles	<i>QUIZ 1: due 9/22</i>
9/19 – 9/26	Measurement of Sleep	Practice Sleep Questionnaires Score Questionnaires
10/1 – 10/8	Circadian Rhythms	<i>Turn in Sleep Log (1) by 10/8</i>
10/10	<u>Exam 1 (Midterm Exam)</u>	<i>Sleep Assessment Paper due 10/21</i>
10/14 – 10/18	<i>FALL BREAK</i>	<i>No Classes</i>
10/22	Sleep Hygiene	
10/24 – 10/29	Sleep and Aging	<i>Outreach project topic due 10/27</i>
10/31 – 11/5	Sleep Regulation: Sleep Loss, Debt, and Deprivation	
11/7	Consciousness and Dreaming	
11/12 – 11/14	Sleep and Disease	<i>QUIZ 2: due 11/17</i>
11/19	Sleep and Behavioral Health	
11/21 – 11/26	Sleep Disorders and Treatments	
11/27 – 11/28	<i>THANKSGIVING BREAK</i>	<i>No Classes</i>
12/3 – 12/5	Outreach Project Presentations	<i>Outreach Project due 12/2</i> <i>Sleep Hyg. App. Paper due 12/5</i> <i>Sleep Knowledge Assessment</i>
12/13	<i>Final Exam at 9 AM</i>	

*****Note: This is a tentative schedule. Dates are subject to change with notice*****