COURSE NUMBER, TITLE: NRSG 389 The Science and Culture of Sleep

PRE REQUISITES: At least junior status

CO REQUISITES: None

CREDIT ALLOCATION: 3 credit hours
Lecture: 3 credits = 45 contact hours/semester

PLACEMENT: Spring

COURSE DELIVERY MODE: Face-to-face

FACULTY/INSTRUCTOR: Sander Gilman PhD
Distinguished Professor of Liberal Arts and Sciences, and the
Department of Psychiatry

Ann E. Rogers PhD, RN
Professor
School of Nursing and Department of Internal Medicine

COURSE DESCRIPTION:
An introduction to the physiology, psychology, and culture of sleep with attention to how all
three are factors in therapeutic interventions in sleep disorders.

COURSE OBJECTIVES:
1. Students will describe the physiological mechanisms underlying sleep.
2. Students will discuss the association between sleep and health.
3. Students will explore the development of theories of dreaming.
4. Students will identify how culture influences when, where and with whom we sleep.

CURRICULAR THREADS:
This course will address the NHSWN curricular concept threads of: patient and family centered
care and scholarship/evidenced based practice.

BSN/MSN ESSENTIALS MET:
BSN Essential:
• Essential I: Liberal education for Baccalaureate Generalist Nursing Practice
MSN Essential:
- Essential I: Background for Practice from Sciences and Humanities (MSN Essentials)

**NHWSN POLICY:**
Students should refer to the Student Handbook for: program information, school resources, policies, and guidelines. The handbook can be found at:
http://www.nursing.emory.edu/audience-guides/students-audience-guide.html

Emory University policies can be found here: http://policies.emory.edu/.

**STATEMENT ON RELIGIOUS HOLIDAYS**
Students should notify their course faculty in writing during the first week of the semester of their desire to observe any religious holidays. Students will remain responsible for all assigned work/clinical days. Refer the Student Handbook for the Religious Holiday Calendar. The handbook can be found at: http://www.nursing.emory.edu/audience-guides/students-audience-guide.html

**ACCESSIBILITY SERVICES:**
Students with disabilities who wish to request accommodations under the ADA must follow the University’s procedures for verification of ADA eligibility by submitting supporting documentation to the Office of Accessibility Services (OAS).
http://www.nursing.emory.edu/student-life/accessibility.html

**RESPECT STATEMENT**
The Nell Hodgson Woodruff School of Nursing is a learning community enriched by diversity. We are committed to inclusiveness recognizing that open exchange is necessary as we learn from each other and respect different perspectives. We are committed to:

- **Promote Respect**
  We will respect the dignity and rights of all students, faculty and staff regardless of position, rank or authority.

- **Initiate Dialogue**
  We will initiate dialogue and express diversity of thoughts in a courteous manner, without fear of reprisal or insult.

- **Cultivate Reflection**
  We will listen respectfully while others share ideas, allow speakers to complete their thoughts and be open to considering new approaches.

- **Foster Equity**
  We will foster a safe and equitable academic environment that acknowledges the contributions and experiences of all persons from unique identities and backgrounds.

- **Maintain Accountability**
  We will hold ourselves accountable for our ethical conduct and reject intolerance, harassment, or violence towards others.

**Course Requirements:**
20% Attendance and active participation
20% One take home quiz at midterm
20% Case analysis of film
20% Sleep diary and a dream diary: each to cover one week
20% Critique of app

This course follows the rules outlined in the Honor Code, especially where plagiarism is concerned. If we suspect that any writing assignment is plagiarized, either in part or in its entirety, we are required to hand the matter over to the Honor Council. This also applies to “patching,” the practice of copying a sentence and exchanging a word or two. If you are not fully aware of what plagiarism is, ask us and/or refer to the Honor code. It is your duty to be fully aware what plagiarism is. If in doubt, ask!

Assignments must be turned in on the day and time indicated on this syllabus. Late submissions will be marked down by half a grade per day late. For example, if you have written a B paper, you will receive a B- if you have turned it in one day late, a C+ for two days late, etc. Papers with frequent grammatical and spelling errors are ineligible for any grade better than B.

**Grading Scale:**

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<thead>
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<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>100-94</td>
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<tr>
<td>A-</td>
<td>93-90</td>
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<td>D</td>
<td>66-64</td>
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<td>F</td>
<td>64 or lower</td>
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**Course Schedule**

January 18 | Normal sleep including changes across the lifespan, adverse effects of insufficient sleep  
Ann E. Rogers PhD, RN

Readings:

Assignment:
Keep a sleep diary, complete Epworth Sleepiness Scale

January 25 | Circadian rhythms and sleep  
To Be Announced

Readings:

Assignment:
Sleep diary due
Complete Horne-Ostberg Questionnaire (AKA Owl/Lark Scale)

February 1  From the Ancient world to the Victorians
Sander Gilman PhD

Readings:
Jacob’s dreams (Gen. 28:11-19) and Joseph’s Dreams (Gen. 37-41).
Cicero, De re publica pp. 257-283: Somnium Scipionis (Loeb Library on-line Emory)

Lewis Carroll, Alice’s Adventures in Wonderland (Project Gutenberg, Chapters I-VI and Chapter XII)

Assignment: Dream Diary due at the end of week 6 (February 22)

February 8  The First Science of Dreaming and the Science of Dreams after Freud
Sander Gilman PhD

Readings:
Sigmund Freud, The Interpretation of Dreams (PEP Emory on-line, pp. 95-121 (specimen dream of Irma’s Injection); 121-162 (structure)


February 15  Neurophysiology of Sleep
Ann E. Rogers PhD, RN

Readings:
February 22  Sleep Disorders and Treatment  
Ann E. Rogers PhD, RN

Readings:  
Viewing of Peter Brook’s 1967 film version Peter Weiss’s *Marat/Sade* (1963)

Assignment:  
Complete the Pittsburg Sleep Quality Questionnaire and write a short paper identifying the sleep disorder portrayed in *Marat Sade*. Using examples from the original play or the film, justify why you made that diagnosis.

March 1  Idiopathic Hypersomnia  
Lynn Marie Trotti MD, Department of Neurology

Readings:  


Watson, N.F. (2016). What’s Old is New Again: Fresh Hope for Treatment Refractory Hypersomnolence Patients. *Journal of Clinical Sleep Medicine.* 12, 1322 (Please read this before Trotti, 2016)

Assignment:  
Take Home Quiz due Monday, March 4

March 8  Sleep Apnea and Obesity  
Sander Gilman PhD

Readings:  
Assignment: Choose and download an app designed to promote sleep. Use it for two weeks and then write an essay critically evaluating the app. Discuss the science behind the app, the qualifications of the app developer, and whether or not you think the app is useful and provides accurate information. Be prepared to share your findings on March 30.

March 15  Spring Break

March 23  Impact of Work and School Schedules on Sleep
Ann E. Rogers PhD, RN

Readings:


Assignment:
Write a short essay describing your future career, and identify if it will have an impact on your sleep patterns. Consider whether you will be working non-standard hours, long hours or be faced with a long commute.

Let Dr. Rogers know via email which app you’ve been testing for the class on March 29.

March 29  Sleep and Technology
Ann E. Rogers PhD, RN

Readings:


April 5

Sleep and Music  
Ann E. Rogers PhD, RN

Readings:  


April 12

Sleep and Culture  
Ann E. Rogers PhD, RN

Readings:  


April 19  
Historical Changes in Sleep  
Ben Reiss PhD  

Readings:  
Reiss, Benjamin, *Wild Nights*, Introduction and Chapter 4

April 26  
Research on Sleep at Emory  
Dayna A. Johnson PhD  
Victoria Pac PhD, RN  
Ann E. Rogers PhD, RN  

Readings:  