

**Psychology 360*:
The Psychology of Sleep
Fall Term 2015**

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Lectures: Time: Wednesday, 2:30 - 4 pm
Room: Botterell Hall Room B148

Labs: Time: Wednesday, 8:30 -11:30 am
Room: Craine 420

Aims:

1. To introduce students to the characteristics and neurobiological mechanisms of sleep.
2. To review and demonstrate methods of measuring sleep.
- 3.

Assessments:	Final exam:	40%
	Labs (three projects):	60%

Labs: Three lab assignments (with 15%),

SCHEDULE OF TOPICS

Date	Topic
SECTION I: INTRODUCTION TO SLEEP	
Sep. 16	Course introduction
Sep. 23	History of sleep research and sleep medicine
Sep. 30	Sleep physiology
SECTION II: THE NEUROBIOLOGICAL BASIS OF SLEEP	
Oct. 7	Neurobiology of waking and slow wave sleep
Oct. 14	The phenomenon of REM sleep I: Neurobiology
Oct. 21	The phenomenon of REM sleep II: Dreaming
SECTION III: FUNCTION OF SLEEP	
Oct. 28	Evolution and comparative aspects of sleep
Nov. 4	Sleep and learning/memory
Nov. 11	Sleep and synaptic plasticity
Nov. 18	Sleep as homeostatic mechanism
SECTION IV: SLEEP LOSS AND SLEEP DISORDERS	
Nov. 25	Sleep disorders and their treatments
Dec. 2	Sleep quality and sleep loss: cognitive implications
Dec.	FINAL EXAM: DATE TO BE ANNOUNCED BY EXAMS OFFICE

