

03 22449 (PSM 335)

Module Leader: Dr Andrew Bagshaw

L3: SLEEP

Teaching Staff: Dr Andrew Bagshaw, Dr Teresa Arora

LEVEL:

3

SEMESTER:

2

CREDIT VALUE:

20

CONTACT HRS:

38

RESTRICTION ON ENROLMENT: 50

STATUS: Optional

CONTACT HOURS: Lectures: 10 × 2 hours, 1 × 2 hour (exam review)

Seminars: 3 × 2 hour

Office hours: 10 × 1 hour

MODULE DESCRIPTION/CONTENT:

This module will be a comprehensive introduction to normal and pathological sleep, covering the topic from biological, neurological, psychological and psychiatric perspectives. We will discuss the classification and evolutionary purpose of sleep, examine the sleeping brain, and see how sleep affects cognition, and mental and physical health. The various types of sleep disorder will be introduced, along with their consequences on psychological and psychiatric function, their prevalence in the population, and methods of treatment. Module content will be delivered through lectures and discussion and practical sessions, and include the following topics:

1. What is Sleep For?
2. The Sleeping Brain
3. Sleep and Cognition
4. Sleep and Mental Health
5. Sleep and Physical Health
6. Sleep Disorders

KEY LEARNING OUTCOMES:

On completion of this module the student will be able to:

1. describe and discuss the characteristics of sleep, the link between sleep patterns and mental and physical health, as well as what is understood about how sleep affects and contributes to cognition;
2. demonstrate understanding of the methods used to classify sleep and investigate the sleeping brain;
3. critically evaluate theories and evidence regarding the purpose of sleep;
4. understand the classification and symptomatology of sleep disorders;

METHOD OF ASSESSMENT:

Essay (40%): A 2000 word critical essay on a topic related to one of the lectures.

Summer Examination: (60%)

READING LIST:

Reading will be empirical papers and book chapters selected by the module leader in relation to the topic being covered in each lecture. Examples include:

- Cirelli C, Tononi G (2008). Is sleep essential? PLoS Biol 6(8): e216.
- Dang-Vu TT et al (2008). Spontaneous neural activity during human slow wave sleep. Proc Natl Acad Sci USA 105(39): 15160–15165
- Dikeos D and Georgantopoulos G (2011). Medical comorbidity of sleep disorders. Curr Opin Psychiatry 24: 346–354
- Fernandez-Mendoza J et al (2010) Insomnia with objective short sleep duration is associated with deficits in neuropsychological performance: a general population study. Sleep 33(4): 459-465
- Wilhelm I et al (2011). Sleep selectively enhances memory expected to be of future relevance. J Neurosci 31(5): 1563–1569

ANY OTHER INFORMATION:

Feedback

Generic feedback on all of the assessments will be posted on the module WebCT page. Where coursework is returned to students, it will be accompanied by individual feedback.

Skills

Critical thinking, organisation and planning, information gathering, research design, essay writing/written communication