

Research Seminar in Psychology: Sleep Fall 2020

Class Time: M, W, F 11:15-12:05
Office Hours: Mon 1:15-2:00
Fridays 9:30-11:00

Professor: Dr. Jodi Mindell
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Email: jmindell@sju.edu

To schedule a meeting: <https://sju.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=connection/4307/schedule>

All lectures/classes will be taught remotely and will be synchronous

DESCRIPTION OF COURSE

This seminar will provide students with a unique opportunity to learn about sleep. Although once believed by many to be a passive process, we now know sleep is a highly active process, required for learning, memory, health, and survival. Students will have the opportunity to integrate hands-on experiences with related theoretical readings and interactive discussions on various topics related to sleep. Throughout the semester, there will be an emphasis on the interaction between the biology of sleep, and the psychosocial, ecological, and behavioral aspects of sleep. By the end of the semester, regardless of what or where your research and personal paths take you, you will understand the importance of sleep!

This course is also designed to immerse students in the research process. You will be designing and implementing your own research study on sleep. In addition, you will be evaluating others' research so that you can become an expert consumer of research.

REQUIRED READINGS

You will be required to read a series of chapters and articles. These will include both review/overview articles and chapters, as well as empirical articles. In addition, you will need to purchase the following book (ebook or print copy):

Lockley, S. W., & Foster, R. G. (2012). *Sleep: A Very Short Introduction*. Oxford: Oxford University Press.

SOFTWARE

SPSS 26.0 or 27.0 standard is required.

To purchase: www.studentdiscounts.com (\$50 for up to 2 computers for 6-month license; \$77 for 1 year license)

OBJECTIVES

Through participation in this course, students will:

- Learn about normal human sleep and its functions
- Gain knowledge of the assessment of sleep
- Recognize the role of intrinsic and extrinsic influences on sleep
- Understand how sleep differs across the lifespan and across cultures
- Acquire basic knowledge about common sleep disorders and interventions to improve sleep
- Develop critical thinking and analytic skills
- Hone research skills by developing and conducting a research study

RESEARCH SEMINAR GOALS

- To provide the student with an in-depth exploration of a particular topic, with an appreciation for the empirical research that has built the knowledge base thus far.
- To explore the empirical research, readings should include primary sources.
- To provide the opportunity for the student to further explore the empirical nature of the knowledge base by designing and implementing an empirical study, which includes the collection, analysis, and interpretation of data.
- To provide experience presenting research in a public forum, within the classroom and at a designated departmental colloquium.

COURSE FORMAT

This course is designed in the tradition of a research seminar, where all students play an active role in learning. The class process will be informal and interactive, attempting to connect the theoretical and scientific topics, as well as to your everyday life.

COURSE REQUIREMENTS

This course is primarily based on interactive learning. By the end of the semester, you should be able to thoughtfully integrate the knowledge you have gained with current research and current events, giving you a thorough understanding of sleep, its role in functioning, and the impact it has on your life. There will be a final exam for this course.

Students are expected to actively participate in class discussion. You are expected to complete the assigned readings prior to class and demonstrate in class that you are thinking about and processing the material.

ASSIGNMENTS

Sleep Diary (10%) – You will complete a one-week sleep/wake diary. You will write an essay (2-3 pages plus one graph and one table) based on analysis of class data. The paper is due **September 11th**.

Sleep in the News (5%) – Student pairs will be assigned to find a current news story that relates to sleep. The news story needs to have appeared in the news in the 1-2 weeks prior to your presentation. You will present to the class the article/coverage, as well as at least one journal article relating to that news event.

Sleep App Review (10%) – You will use and review a sleep app for one week, and then write a 2-3 page paper reviewing the app. We will also discuss these apps in class.

Quizzes (10%) – There will be a number of quizzes on the readings throughout the semester. Quizzes will primarily occur at the start of the class. Your lowest quiz grade will be dropped.

Final exam (15%) – There will be a final exam for this course scheduled during final exam week. This exam will be comprehensive, covering the entire semester.

Research Project (50%) – You are expected to conceptualize and implement an original research project. This process will include reviewing the relevant literature, developing a testable hypothesis, designing and implementing the study, and interpreting the data. Students will work in groups. Each student will be responsible for all aspects of the project, including identifying a topic, selecting measures, analyzing the data, and presenting the results to the class. Class presentations will occur the last week of class, each lasting approximately 15 minutes and utilizing PowerPoint.

Individually, each student will be responsible for presenting his/her research in a final APA-format paper (abstract, literature review, statement of hypotheses, method, results, discussion, references, tables, and figures). A first draft of your research paper is due on **Monday, November 16th**, a second draft on **Friday, November 20th**, and the final paper is due on **Monday, December 7th**.

Your group will also create a presentation (utilizing powerpoint) and record a video presentation (due **Monday, November 30th**). These presentations will be part of a department-wide event the last week of the semester (presentation date: **Friday, December 4th from 3:30-5:00**).

Of the 50% that this project is worth, the grading breakdown is:

- Project (15%): 10% is a grade of the project itself and 5% is based on meeting deadlines and incorporating feedback (total 5% = student/group misses zero deadlines, revises and executes the project according to the instructor's

feedback)

- Paper draft (10%)
- Final paper (15%)
- Presentation to the department (5%): Grading is done by departmental faculty and graduate assistants
- Presentation to the class (5%)

ATTENDANCE POLICY

Since this course is based on interactive learning, your attendance is required.

GRADUATE ASSISTANT

Emily Vance

Email: ev662828@sju.edu

Office Hours via Zoom (schedule through Starfish): Tuesday 2:00 - 4:00 pm
 Thursday 12:30 - 2:30 pm
 Or by appointment

To schedule a meeting: <https://sju.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=connection/21684/schedule>

CLASS ETIQUETTE: Be polite and attentive. Please have your video on. Please mute yourself.

ACADEMIC HONESTY

Students who are caught cheating on any assignment or presenting someone else's work as their own will be reported to the Academic Honesty Board. Be sure to familiarize yourself with the Academic Honesty Policy of Saint Joseph's University, which can be found in student catalogue and online.

Plagiarism is considered to be a violation of the academic honesty policy. Plagiarism consists of writing anything that is not in your own words (e.g., quoting without citations; having others write an assignment; using someone else's words). An excellent website on plagiarism: <https://supportjudicialaffairs.sf.ucdavis.edu/code-academic-conduct>

If you have any questions about what constitutes plagiarism, check out these resources or come speak to me *prior* to submitting your work.

STUDENTS WITH DISABILITIES

Reasonable academic accommodations may be provided to students who submit appropriate documentation of their disability. If you have need of assistance or questions with this issue, you are encouraged to contact the Office of Student Disability Services (SDS) at sds@sju.edu or by phone at 610.660.1774. The Office of SDS also provides an appeal/grievance procedure for complaints regarding requested or offered reasonable accommodations. More information can be found at: www.sju.edu/sds.

SEMINAR IN SLEEP CLASS SCHEDULE – FALL 2020

DATE	CLASS TOPIC	RESEARCH PROJECT
Aug 24-26	Introduction to course Introduction to scientific study of sleep	Begin sleep diary
Aug 28	Normal sleep	
Aug 31- Sept 2	SPSS database and sleep data	Last night of sleep diary on Aug 30 (Sun)
Sept 4	Conducting a research project/Brainstorming	
Sept 7	Labor Day	Get some sleep!
Sept 9	Researching study idea	
Sept 11	Measuring sleep	Assignment #1: Sleep diary paper due
Sept 14	Proposed research topic and research design	Submit proposed research topic and justification (paragraph describing topic and hypotheses) by 5 pm on Sept 13
Sept 16	Finalize research project/IRB proposals	Research question and hypotheses finalized
Sept 18-21	IRB proposals (work on draft)	
Sept 23	Special topic: Bedsharing	IRB draft #1 due
Sept 25	Basic science: Sleep in animal models Dr. Matthew Nelson and Dr. Jennifer Tudor	
Sept 28	Sona system/ Qualtrics surveys IRB proposals (work on draft #2)	IRB draft #2 due
Sept 30	Study methodology	

Oct 2	Circadian rhythms Special topic: Sleep and athletes Sleep in the News #1	IRB draft #3 due (if necessary)
Oct 5	Study methodology	Deadline for final IRB approval
Oct 7	Study methodology	
Oct 9	High school start times Guest speaker: Dr. Lisa Meltzer	
Oct 12	Parasomnias Sleep in the News #2	
Oct 14-16	Finalize research project	
Oct 19	Sleep and legal issues Guest speaker: Deborah Correll	Start data collection! Begin sleep app
Oct 21	Pediatric sleep: Cross-cultural differences	
Oct 23	Sleep health disparities Guest speaker: Dr. Ariel Williamson	
Oct 26	Insomnia Guest speaker: Dr. Phil Gehrman	Last night of sleep app on Oct 27 (Sun)
Oct 28	No class	Reading day
Oct 30	Special topic: Daylight savings Sleep in the News #3 and 4	
Nov 2	Sleep apps APA style paper	Assignment #2: Sleep app paper due
Nov 4	RLS and PLMD	
Nov 6	Data analysis Sleep in the News #5 and #6	End data collection by Nov 6
Nov 9	Data analysis	
Nov 11	Data analysis	
Nov 13	Special topic: Medical setting and sleepiness	

Nov 16	Drowsy/distracted driving Guest speaker: Dr. Mark Rosekind	Research paper draft #1 due 11/16
Nov 18	Presentation on presentations Posters Sleep in the News #7 and #8	
Nov 20	Narcolepsy Guest speaker: Julie Flygare	Research paper draft #2 due 11/20
Nov 23	Sleep apnea Guest speaker: Dr. Funke Afolabi-Brown	
Nov 25-27	Thanksgiving: Eat turkey	
Nov 30- Dec 4	Research presentations	Poster upload due 11/30
Dec 4 (3:30-5:00)	Poster presentations	
TBA	Final exam	Final project paper due 12/7 @ 9:00 am