

PSY 4950 (Section 01): Sleep and DreamingOnline: July 6th – August 6th

Instructor: Alexandria M. Reynolds, Ph.D.

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Monday through Friday, I will be responding to student emails within approximately 24 hours. However, it may take me longer on the weekends, so please be sure to contact me with enough time to get a response before your assignment is due. **Weekly assignments are due on Sundays; however, if you wait until the last minute, you may not get a response from me in time.** I am also happy to video chat through Zoom or FaceTime to discuss assignments, grades, etc. (please email me to set this up; I need some degree of advanced notice).

Course Description: Welcome to Sleep and Dreaming. 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.

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

1. Have a basic understanding of the neurophysiology of sleep and sleep-wake mechanisms.
2. Compare and contrast the possible theories for the function of sleep.
3. Identify the consequences of sleep deprivation, loss, debt, restriction, and excessive sleeping.
4. Gain an appreciation about sleep disorders, their clinical presentation, underlying causes, and possible therapies.
5. Analyze the relationship between cognition, learning, and psychology of sleep.
6. Compare and contrast the possible theories for the function of dreaming.

SUGGESTED Textbooks:Title – *The Stanford Sleep Book*; Author – William C. Dement; ISBN-13: 978-1495119460Title – *Sleep Science*; Editor – Hawley Montgomery-Downs; ISBN-13: 978-0190923259**Readings:**

Each week, you are provided with a reading list that includes chapters from *The Stanford Sleep Book*, research articles, and other material. You are expected to read the material in order to prepare for the discussion forums and exams. Some of the research articles are more advanced and may be difficult to read, but you are expected to do your best and get the main points out of each by reading the most comprehensible sections. See “How to Read a Research Article” on Moodle.

Course Format – Online Platform

This course is conducted through the College’s Learning Management System (LMS), Moodle. To access the site, go to: <http://moodle.uvawise.edu/>. I will send e-mails and contact you through the Moodle website. Note that all e-mail goes to your UVA-Wise; therefore, you are responsible for checking your UVA-Wise email account regularly.

Course Format - Lectures

This is an online course that is very fast-paced due to the nature of the shorter semester. There will be two types of video lectures that will be posted for you: “Recorded Lectures” and “Live Lectures.” **Recorded lectures** are those that you can view on any platform (desktop, laptop, phone, tablet, etc.). You can view these lectures directly on Moodle, or go to my YouTube page (https://www.youtube.com/channel/UChU_1SBps0awdMWPrZJDj9Q) and watch them there. All videos recorded specifically for this course will always be available on the Moodle page. You can view them at your leisure and the videos are pre-recorded.

Live lectures are those that you can access live via Zoom (PMI Meeting ID 246-568-6122). The purpose of the live lectures is to answer all your questions that you may have about the material. You will submit any questions through a forum on Moodle *prior* to the scheduled Live Lecture. These lectures will also be recorded during the session and available to you after the lecture is over. When you view them *after* the live stream is over, you do not use Zoom (they will be available on Moodle and through YouTube as a regular recorded video). The Live Lectures are scheduled for **every Friday at 4 PM. *You are not required to view the lectures “live.”*** However, the advantage to live viewing is that you will have the ability to interact with me (and other students tuning in) during the lecture in order to ask for clarification or if you have additional questions. ****If no questions are asked by the deadline, then there will be no Live Lecture for that week.** The point of this feature is to answer your questions on the material.

Course structure and grading policy:

5 Exams x 10 points each =	50 points
Syllabus Quiz =	+ 3 points
Introduce Yourself Forum Post =	+ 2 points
5 Forum Posts x 2 points each =	+ 10 points
5 Forum Replies x 2 points each =	+ 10 points
Sleep Log Paper 1 =	+ 10 points
Sleep Log 1 =	+ 5 points
Sleep Log Paper 2 =	+ 5 points
Sleep Log 2 =	<u>+ 5 points</u>
Total points possible=	100 points

Grade Standards

A = 90 or above; B = 80-89.9 (87-89.9 = B+); C = 70-79.9 (77-79.9 = C+); D = 60-69.9 (67-69.9 = D+); F = under 60

- **Exams (50 points):** There will be five exams this semester; you will need to complete one exam per week online. The last exam ***will not be cumulative***. Exams will consist of multiple choice and short answer questions.
 - Week 1 Test: Due Sunday, July 12 by 11:55 PM
 - Week 2 Test: Due Sunday, July 19 by 11:55 PM
 - Week 3 Test: Due Sunday, July 26 by 11:55 PM
 - Week 4 Test: Due Sunday, August 2 by 11:55 PM
 - Week 5 Test: Due Friday, August 7 by 11:55 PM

- **MANDATORY Syllabus Quiz (3 points):** You are required to take a Moodle multiple choice quiz on the syllabus information. You may use the syllabus to answer questions, but you must work independently on the quiz. You must take this quiz by **Sunday, July 12th by 11:55 PM**, or **I will have you administratively removed from the course. You must make a 100% on this quiz (you are allowed to make multiple attempts).**
- **MANDATORY Introduce Yourself Post (2 points):** You must complete a short introductory post on the “Introduce Yourself” Forum. This shows me that you know how to do a post. It also tells me and your classmates a little about who you are and why you are taking this course. If you do not complete the post by **Sunday, July 12th by 11:55 PM**, **I will have you administratively removed from the course.**
- **Discussion Forum (20 points):** For each chapter covered in the course, you will post on a discussion forum and respond to your classmates’ posts. These posts will provide evidence that you understand and have thought critically about the material. **Forum posts should be at least 4-6 sentences.** Many of the prompts have multiple questions. **You must answer all of the questions completely in order to get full credit.** You need to make 1 thoughtful post and 1 thoughtful reply. You will receive 2 points for your post and 2 points for your reply post. Five posts at 4 points each, worth a total of **20 points.** Post and reply deadlines:
 - Discussion Forum Post and Reply 1: Due Sunday, July 12 by 11:55 PM
 - Discussion Forum Post and Reply 2: Due Sunday, July 19 by 11:55 PM
 - Discussion Forum Post and Reply 3: Due Sunday, July 26 by 11:55 PM
 - Discussion Forum Post and Reply 4: Due Sunday, August 2 by 11:55 PM
 - Discussion Forum Post and Reply 5: Due Friday, August 7 by 11:55 PM
- **Sleep Log 1 and Sleep Log Paper 1 (15 points):** The sleep log activity will provide more insight into your own sleep patterns. Students will maintain a log of sleep patterns no later than the week of **7/13** with the log sheets provided, and turn in the log on **7/23/2019** (by 11:55 PM). You will complete an APA formatted paper, **due by 11:55 PM, 7/26/2019**, 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. Any and all work that you submit for these activities is expected to be original and your own, without plagiarism. You will be provided with a sleep log to record your sleep, as well as a template to complete the sleep log paper.
- **Sleep Log 2 and Sleep Log Paper 2 (10 points):** You will repeat the sleep log and implement the sleep plan you proposed in your sleep log paper 1 for one week. Students will maintain a log of sleep patterns starting the week of **7/27** with the log sheets provided, and turn in the log on **8/6/2019** (by 11:55 PM). You will complete an APA formatted paper, **due by 11:55 PM, 8/7/2019**, which will describe your own sleep patterns, observations, what you changed for this new week of sleep, and any improvements (or not) you noticed for this new week of sleep. Any and all work that you submit for these activities is expected to be original and your own, without plagiarism. You will be provided with a sleep log to record your sleep, as well as a template to complete the sleep log paper. This second paper should follow the same general format

as the first paper, with the changes for the new observations and implemented sleep hygiene changes.

- **Extra Credit:** Several extra credit opportunities will be available. I will post midterm and final course evaluation forms on Moodle for extra credit. Additionally, each week, you can receive up to 2 points for a questions/answers posted in the question forum. I will use these questions to guide the “Live Lecture” video in order to give you the chance to hear an answer to your question. You can earn up to 1 point for asking a proper question (no definitions, not something vague (“What is sleep?”), or something that can be easily looked up) and 1 point for a legitimate answer to a classmate’s question. You can ask as many questions as you’d like for me to cover in the Live Lecture, but you’ll only receive extra credit for up to 1 question and 1 answer. Since you can earn up to 2 points per week, this is a total of **10 possible extra credit points**. The questions and replies must be posted to the forum by 11:55 PM the night before the “Live Lecture” is scheduled.

Tests will cover readings, video lectures, *and* PowerPoint material on Moodle and will consist of multiple choice questions and some short answer questions. **Tests, quizzes, and forums will not be reopened after the deadline. Late work will not be accepted. You may work ahead.**

Class Policies, Procedures and Additional Information:

How to succeed in this class: This class covers a lot of material in a short period of time. A typical course in the Fall or Spring lasts 15 weeks for 3 hours per week – that’s 45 hours of class time. During the summer, we are cramming those 45 hours into 5 weeks. This means that *you should plan to spend at least 9 hours per week* on the course.

In order to succeed you need to be sure to do several things:

(1) **Stay on top of the material.** Read the textbook, PowerPoints, and notes early and often. Work ahead when you can. Watch the videos early and follow the “suggested” due dates instead of waiting until the assignment/test/quiz/forum posts are actually due. **Put deadlines in your calendar (and set up reminders in your phone) to help you remember when things are due.**

(2) **Do the quizzes!** These are there to help you and are a significant part of your grade. You will not pass the class and you will not understand the material if you do not do the quizzes. Put reminders in your phone or calendar so that you don’t forget to complete these quizzes.

(3) **Ask questions (and read the answers)!** Also, ask me early when you have questions. I am happy to help, but cannot necessarily respond to you on the night of a test.

Proofread all assignments and posts before turning them in. Even a small typo can change the meaning of what you’re trying to say.

Attendance policy: In online classes, such as this class, you have flexibility as to when you choose to login to the class each week, but **you will be expected to log on at least twice per week**, and generally will need to log on multiple times per week. You are not required to attend any live-streamed lectures while they are being conducted live.

Netiquette and Discussion Expectations:

First, what you can expect from me:

- I will take all your questions, comments, and concerns seriously.
- I will respond promptly to requests for help (within 24 hours during the week).
- I like to encourage interactions among everyone and do not wish to monopolize the discussion forums, so I do not respond to every post in every discussion.
 - I WILL monitor all forum discussions. *Rudeness and/or hostility will not be tolerated and will be reported to the Honor Court as a violation of the Honor Code (creating a hostile environment).*

Next, what I expect from you:

General Guidelines

- Don't flame (personally attack) someone. It is possible to disagree with an idea without flaming the person espousing the idea.
- Don't be a troll and start arguments with people. Forums are NOT anonymous!
- Use emoticons and acronyms to convey your emotional intent in order to avoid misunderstandings. Moodle has many available emoticons in the discussion forum. You can also use other emoticons and acronyms. For example:
 - to indicate that you're smiling, use 😊
 - to indicate you're winking / or making a joke or kidding, use ;) or JK (Just Kidding)
- Remember that it is easy to misinterpret written communication. Sometimes you may inadvertently seem impolite or feel that someone else was doing the same - **talk it out** instead of assuming the person meant to be rude.
- The term **sarcastic font** can be used to convey that you are being sarcastic (but please do not be rude).
- Class discussion may sometimes touch on topics that are personally sensitive for some individuals; we will all need to be careful to maintain sensitivity to each other and to be considerate of each other's privacy both in and out of class.

Communication Style

- Think critically. Critical thinking, grounded in intellectual integrity, is expected. In other words, seek clarity of meaning and understanding. For example:
 - Question ideas, not people.
 - Attempt to see things from other perspectives.
 - Use supporting relevant information.
 - Attempt to recognize and assess implications of your ideas.
- Think creatively. Creative thinking is encouraged.
 - Brainstorm possibilities.
 - Consider how to make the impossible possible (dream).
 - Be supportive of ideas you do not understand and try to understand them.

E-mail etiquette: You are *always* encouraged to contact me via e-mail with any questions or concerns that you may have. During the week, I will respond to emails within 24 hours. Before you email me, please make sure to first check the syllabus to see if your question can be answered. If not, please send your email from your UVA Wise account, and use appropriate etiquette (tell me who you are, what class you're in, and let me know in detail what your question is); don't forget to spell check for optimal clarity!

Plagiarism and Cheating

- **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 Code 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. Using work from a previous class for this class is also considered plagiarism.
- **Academic Cheating** is unacceptable conduct and a violation of the Honor Code. This includes any form of cheating on quizzes, exams, and/or assignments, or allowing others to copy your answers. Academic cheating will result in 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.**
- **IF YOU ARE CAUGHT CHEATING, PLAGARIZING, OR NOT DOING YOUR OWN WORK, YOU WILL FAIL THIS COURSE. ONLINE TESTS MUST BE DONE INDEPENDENTLY. COLLABORATING ON A QUIZ OR TEST IS CHEATING AND WILL RESULT IN FAILING THE COURSE.**

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! This is an upper level course with a heavy work load. 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: <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, tabitha.smith@uvawise.edu). 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.

**Additional content may be added from the Sleep Science textbook; an updated course schedule will be available on Moodle if new content is added.*

WEEK 1: July 6 – July 12th

Live Lecture: Friday, July 10th at 4 PM

Topics:

Introduction to Sleep

History of Sleep Science

Evolution of Sleep – Animals and Humans

Sleep Cycles – An Overview

Readings:

- Dement's book - Chapter 1: Why Learn About Sleep: Read this Now!
- Dement's book - Chapter 2: What is the Thing Called Sleep?
- Dement's book – Chapter 3: Introduction to the Relationship Between Quality of Sleep and Waking Function
- Stanford Dement Tribute 2020 (News Article)
- Cirelli (2008) Is Sleep Essential? (Research Article)
- Hobson (1967) Electrographic Correlates of Behavior in the Frog (Research Article)
- Stafne (2004) Predominance of Clockwise Swimming during Rest in Dolphins (Research Article)
- Tobler (1988) Rest in the Scorpion – A Sleep-Like State? (Research Article)
- Wehr (1992) In Short Photoperiods, Human Sleep is Biphasic (Research Article)
- Yetish (2015) Natural Sleep and its Seasonal Variations in Three Pre-Industrial Societies (Research Article)
- Ekirch (2001) Pre-Industrial Sleep in the British Isles (Historical Review Article)

Due Dates:

Due on Thursday, July 9th by 11:55 PM

- Question Forum 1 (for Live Lecture)

Due on Sunday, July 12th by 11:55 PM

- Sleep and Dreaming Knowledge Pre-Assessment (No Credit, *suggested completion by Tuesday*)
- “Introduce Yourself” Post to forum (*suggested completion by Wednesday*)
- Syllabus quiz (*suggested completion by Thursday*)
- Discussion Forum Post and 1 Reply (*suggested completion of post by Thursday and reply by Friday*)
- Exam 1 (*suggested completion by Saturday*)

WEEK 2: July 13th – July 19th

Live Lecture: Friday, July 16th at 4 PM

Topics:

Sleep and the Brain
Circadian Rhythms
Measurement of Sleep
Culture and Sleep

Readings:

- Dement's book – Chapter 4: Sleep Debt, Sleep Tendency, and Sleep Homeostasis
- Dement's book – Chapter 5: Alert Wakefulness From Inside Ourselves
- Dement's book – Chapter 6: Sleep Tendency and Alertness Throughout the 24-Hour Day
- Dement's book – Chapter 7: Understanding the Subjective Nature of How We Feel
- *Sleep Science* – Chapter 5: Culture and Sleep
- Aserinsky (1953) Regularly Occurring Periods of Eye Motility, and Concomitant Phenomena, During Sleep (Research Article)
- Foster (2015) Intrinsic and Task-Dependent Coupling of Neuronal Population Activity in Human Parietal Cortex (Research Article)
- Winter (2009) Measuring Circadian Advantage in MLB (Research Article)
- Wright (2013) Entrainment of Human Circadian Clock (Research Article)
- Burkhart (2009) Amber Lenses to Block Blue Light and Improve Sleep (Research Article)
- Mindell (2013) Cross-Cultural Differences in the Sleep of Preschool Children (Research Article)

Activities: **Sleep Log 1: start no later than the week of 7/13 – 7/20**

Due Dates:

Due on Thursday, July 16th by 11:55 PM

- Question Forum 2 (for Live Lecture)

Due on Sunday, July 19th by 11:55 PM

- Discussion Forum Post and 1 Reply (*suggested completion of post by Thursday and reply by Friday*)
- Exam 2 (*suggested completion by Saturday*)

WEEK 3: July 20th – July 26th

Live Lecture: Friday, July 24th at 4 PM

Topics:

Sleep Hygiene

Sleep Regulation (sleep debt, deprivation, restriction, and loss)

Sleep Disorders and Treatment

History of Dreaming

Readings:

- Dement's book – Chapter 8: Sleep and Everyday Life
- Dement's book – Chapter 9: Sleep Debt: Consequences and Crises
- Dement's book – Chapter 15: Sleep Disorders: An Overview
- See Dement's chapters 16 – 20 for individual disorders
- *Sleep Science* – Chapter 6: History of Dreaming
- Buysse (1988) The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research (Research Article)
- Johns (1991) A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale (Research Article)
- Pellegrino (2014) Gene Mutation Linked to Resistance to Sleep Deprivation (Research Article)
- Ohayon (1999) Prevalence and Pathologic Associations of Sleep Paralysis in the General Population (Research Article)

Due Dates:

Due on Thursday, July 23rd by 11:55 PM

- Question Forum 3 (for Live Lecture)
- Completed Sleep Log 1 (*suggested that this is uploaded by Tuesday since you will have finished logging by Monday morning*)

Due on Sunday, July 26th by 11:55 PM

- Discussion Forum Post and 1 Reply (*suggested completion of post by Thursday and reply by Friday*)
- Sleep Log Paper 1 (*suggested completion by Friday*)
- Exam 3 (*suggested completion by Saturday*)

WEEK 4: July 26th – August 2nd

Live Lecture: Friday, July 31st at 3 PM

Topics:

Consciousness

Introduction to Dreaming
Lucid Dreaming

Readings:

- Dement's book – Chapter 10: The Phenomenology of Dreaming and the Problem of Consciousness
- Dement's book – Chapter 14: Lucid Dreaming: A Special Case
- Voss (2009) Lucid Dreaming: A State of Consciousness with Features of Both Waking and Non-Lucid Dreaming (Research Article)

Activities: Sleep Log 2: 7/27 – 8/2

Due Dates:

Due on Thursday, July 30th by 11:55 PM

- Question Forum 4 (for Live Lecture)

Due on Sunday, August 2nd by 11:55 PM

- Discussion Forum Post and 1 Reply (*suggested completion of post by Thursday and reply by Friday*)
- Exam 4 (*suggested completion by Saturday*)

WEEK 5: August 3rd – August 7th

Live Lecture: Friday, August 7th at 4 PM

Topics:

Dreaming Theories
Dream Content

Readings –

- Dement's book – Chapter 11: The Psychophysiology of Dreaming
- Dement's book – Chapter 12: The Content of Dreams
- Dement's book – Chapter 13: Sources, Meanings, and Purpose of Dreaming
- Hobson (2009) REM Sleep and Dreaming: Towards a Theory of Protoconsciousness
- Fox (2013) Dreaming as Mind Wandering: Evidence from Functional Neuroimaging and First-Person Content Reports (Research Article)

Due Dates:

Due on Thursday, August 6th by 11:55 PM

- Completed Sleep Log 2 (*suggested that this is uploaded by Tuesday since you will have finished logging by Monday*)
- Question Forum 5 (for Live Lecture)

Due on Friday, August 7th by 11:55 PM

- Discussion Forum Post and 1 Reply (*suggested completion of post by Wednesday and reply by Thursday*)
 - Sleep Log Paper 2 (*suggested completion by Thursday*)
 - Exam 5 (*suggested completion by Friday*)
 - Sleep and Dreaming Knowledge Post-Assessment (No Credit)
-