



蘇州大學
Soochow University

PSY 378 Sleep and Dream Analysis

Winter 2024

Course Credits: 4

Contact Hours: 56 hours

Instructor: TBA

Email:TBA

COURSE OBJECTIVES

This course is a comprehensive course that delves into the fascinating realm of human sleep and the enigmatic world of dreams. This course provides an in-depth exploration of the science, psychology, and cultural significance of sleep and dreams, offering a multidisciplinary perspective on this essential aspect of human existence. Topics include functions of sleep, sleep disorders and their treatment, dreams, health, and consciousness.

Upon Completion of this Course, students will be able to:

1. Understand the physiological and psychological processes of sleep and dreaming;
2. Explore the different stages of sleep and their significance in maintaining overall health;
3. Examine the impact of sleep on cognitive functions, memory, and emotional well-being;
4. Investigate the various theories and research related to dream interpretation and meaning;
5. Foster critical thinking and research skills through the analysis of scientific studies on sleep and dreams.

PREREQUISITES

PSY 101 Introduction to Psychology I; PSY 124 Introduction to Psychology: Applications; PSY 255 Biological Foundations of Behaviour



GRADING

Grades will be determined by accumulating points, with 100 points being the maximum, as follows:

ITEM	POINTS
2 Quizzes	20 Points
3 Labs	30 Points
Midterm Exam	15 Points
Final Project	15 Points
Final Exam	20 Points
Total	100 Points

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F.$$

We reserve the right to make adjustments to the overall grading policy.

COURSE MATERIALS

Required Texts:

1. Patrick McNamara, *The Neuroscience of Sleep and Dreams*, 1st Edition, Cambridge University Press, 2019.
2. Sigmund Freud, *The Interpretation of Dreams*, 1st Edition, OUP Oxford, 1899.
3. Meir Kryger, Thomas Roth, William Dement, *Principles and Practice of Sleep Medicine - Electronic*, 6th Edition, Elsevier Enhanced Digital Version, 2017.

Recommended (Optional) Texts or Other Materials:

None

COURSE TOPICS

MODULE	TASKS
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Module 1	<p>Topics: Topic 1: What Is Sleep? Topic 2: Restorative Process and Reversible State Topic 3: Circadian and Social-Physiologic Organization Topic 4: Memory Processing in Relation to Sleep</p> <p>Assessments: Quiz#1 Lab#1: Sleep Deprivation and Memory Performance</p>
Module 2	<p>Topics: Topic 5: Sleep Disorders Topic 6: Insomnia, Primary Insomnia and Secondary Insomnia Topic 7: Non-REM Parasomnias Sleepwalking Topic 8: Chronotype and Circadian Rhythm Sleep Disorders</p> <p>Assessments: Quiz#2 Lab#2: Polysomnography Simulation</p>
Module 3	<p>Topics: Topic 9: Circadian Disorders of the Sleep-Wake Cycle Topic 10: Theories of REM and NREM Sleep Topic 11: The Pharmacogenetic Method Topic 12: Gene Therapy Methods</p> <p>Assessments: Midterm Exam</p>
Module 4	<p>Topics: Topic 13: What Are Dreams? Topic 14: Dreaming and the Social Brain Topic 15: The Relationship of Dreams to Waking Life Topic 16: Theories of Dreams and the Function of Dreams</p> <p>Assessments: Lab#3: Lucid Dreaming Experiments</p>
Module 5	<p>Topics: Topic 17: Nightmares and Nightmare Function Topic 18: Arousal by Dreams. The Function of Dreams. Anxiety-Dreams Topic 19: The Unconscious and Consciousness. Reality Topic 20: Characteristics of REM and NREM Dreams</p> <p>Assessments: Final Project Final Exam</p>

ATTENDANCE



1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.

2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share with fellow colleagues.

LEARNING REQUIREMENTS

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

TECHNOLOGY POLICY

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (eg., note taking, reading course documents).

ACADEMIC INTEGRITY POLICY



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Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

DISABILITY ACCOMMODATION

Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.

Note:

Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.