Psychology of Sleep

PSYC 4378-001
Fall 2021

Professor: Dr. James Schaeffer
Email: schaffejd@sfasu.edu

Office Hours

I’ll be offering both in-person and virtual (via zoom) office hours this semester. They are as follows:

Monday: 1:00 p.m.- 2:00 p.m. (virtual via zoom)
Monday: 2:00 p.m. - 3:30 p.m. (in person)
Tuesday: 2:00 p.m. - 3:00 p.m. (in person)
Wednesday: 2:00 p.m. - 3:30 p.m. (in person)

Zoom Meeting ID: 956 4365 4726
Meeting Password: 869457
Zoom Link: https://sfasu.zoom.us/j/95643654726?pwd=bkhOYjF0M1I1KTGtzeDBTRUJxVVVnUT09

Office hours can also be scheduled (email me to schedule an appointment)

Course Description

In this course, we'll be covering many aspects of sleep, including sleep physiology, normal human sleep requirements and variations, the mental and physical effects of sleep deprivation, the memory functions of sleep, dreams, and sleep disorders.

Readings/Materials

All readings will be posted on D2L. You do not need to purchase a textbooks for this course.

D2L

All course material will be posted on D2L. This includes all graded material (quizzes, exam, assignments, discussions). This entire course will function through D2L, so make sure you are checking it regularly.
**Course Requirements**

The course will include weekly quizzes, a few assignments, a final paper, and a final exam. This course is divided into weekly modules. Modules will open on Mondays and all assessments will be due by the end of the week (by Sunday before midnight).

**Quizzes**

You will have a quiz at the end of every week in this course. These quizzes will be cumulative, to a degree. There will be 14 quizzes total (1 per week), and your lowest graded quiz will be dropped (13 will count toward your final grade). These will be worth 5 points each (for 65 points total).

**Assignments**

There will be four sleep-related writing assignments this semester. Each will be about two pages long, double-spaced. These will be worth 10 points each (40 points total).

**Attendance**

Attendance will be extra credit. I'll be taking attendance at various times throughout the semester. If you are present every time I do so, you'll receive an additional 10 points toward your final grade. If you miss a few of them, you'll receive a relative proportion of these bonus points (10 points extra credit).

**Final Paper**

You will complete a final scientific paper with references to peer-reviewed scientific publications. This paper should be about 4-5 pages long, double spaced. More information will be posted on D2L. This will be worth 50 points.

**Final Exam**

There will be a Final Exam at the end of the semester. It will be worth 65 points.

**Make-Up/Late Work Policy**

If there are circumstances beyond your control that prevent you from completing course material, make-up opportunities may be offered at the discretion of the professor. Make-up requests must be made no later than 24 hours passed the due date.
Grading Policy

Grades will be determined by your performance on quizzes, assignments, a final paper, and a final exam. Your final grade will be calculated as a percentage of points earned out of 220. Grades will be calculated as follows:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes (13 total, at 5 points each)</td>
<td>65</td>
</tr>
<tr>
<td>Assignments (4 total, at 10 points each)</td>
<td>40</td>
</tr>
<tr>
<td>Final Paper</td>
<td>50</td>
</tr>
<tr>
<td>Final Exam</td>
<td>65</td>
</tr>
</tbody>
</table>

Total 220

A  >89.4%
B  79.5% - 89.4%
C  69.5% - 79.4%
D  59.5% - 69.4%
F  <59.5%

Your Grade (%) = Points Earned / 220

Grades will be posted on D2L as they occur throughout the course.

Credit Hour Justification (3 Credits)

The course contains content for 150 contact minutes per week for 16 weeks, with the addition of a 150 minute final examination period. Students typically have significant weekly reading assignments, writing assignments, are expected to take regular tests, and a final examination. These activities average at a minimum 6 hours of work each week to prepare outside of classroom hours. Online course sections contain extensive written content that includes the same information students in a face-to-face lecture sections receive, requiring students to engage the online modules for at least three hours per week. For every hour a student spends engaging with the online content, he/she spends at least two hours completing associated activities and assessments.

Student Learning Outcomes

Upon completion of this course, you should be able to do the following things at a basic level:

- Understand the basic physiology of sleep in humans and other animals
- Compare and contrast different definitions of sleep
- Debate the general function of sleep
- Differentiate sleep disorders and understand their potential underlying physiology
- Appreciate and respect the health benefits of quality sleep
• Understand the negative consequences of sleep deprivation

**Program Learning Outcomes**

| The student will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology | Advanced |
| The student will understand and apply basic research methods in psychology, including research design, data analysis, and interpretations | Intermediate/Advanced |
| The student will respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes | Advanced |
| The student will understand and apply psychological principles to personal, social, and organizational issues | Advanced |
| The student will value empirical evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a science | Advanced |

**Course Policies**

**Academic Integrity (A-9.1)**

Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another; (2) submitting a work that has been purchased or otherwise obtained from an internet source or another source; and (3) incorporating the words or ideas of an author into one's paper without giving the author due credit. Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](http://www.sfasu.edu/policies/academic_integrity.asp)

**Withheld Grades Semester Grades Policy (A-54)**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one
calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Students with Disabilities**

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

### Weekly Calendar

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Week</th>
<th>Module Topic</th>
<th>What's Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>23-Aug</td>
<td>1</td>
<td>Basic Neuroscience/Physiology</td>
<td>Q1</td>
</tr>
<tr>
<td>30-Aug</td>
<td>2</td>
<td>Circadian Rhythms</td>
<td>Q2</td>
</tr>
<tr>
<td>6-Sept</td>
<td>3</td>
<td>Defining Sleep</td>
<td>Q3</td>
</tr>
<tr>
<td>13-Sept</td>
<td>4</td>
<td>Sleep Physiology</td>
<td>Q4, A1</td>
</tr>
<tr>
<td>20-Sept</td>
<td>5</td>
<td>Stages of Sleep</td>
<td>Q5</td>
</tr>
<tr>
<td>27-Sept</td>
<td>6</td>
<td>Function of Sleep</td>
<td>Q6</td>
</tr>
<tr>
<td>4-Oct</td>
<td>7</td>
<td>Function of Sleep</td>
<td>Q7</td>
</tr>
<tr>
<td>11-Oct</td>
<td>8</td>
<td>Dreams</td>
<td>Q8, A2</td>
</tr>
<tr>
<td>18-Oct</td>
<td>9</td>
<td>Sleep Deprivation</td>
<td>Q9</td>
</tr>
<tr>
<td>25-Oct</td>
<td>10</td>
<td>Sleep &amp; Mental Health</td>
<td>Q10</td>
</tr>
<tr>
<td>1-Nov</td>
<td>11</td>
<td>Sleep &amp; Mental Health</td>
<td>Q11, A3</td>
</tr>
<tr>
<td>8-Nov</td>
<td>12</td>
<td>Sleep Disorders</td>
<td>Q12</td>
</tr>
<tr>
<td>15-Nov</td>
<td>13</td>
<td>Sleep Disorders</td>
<td>Q13</td>
</tr>
<tr>
<td>22-Nov</td>
<td>14</td>
<td><em>(Thanksgiving Break)</em></td>
<td></td>
</tr>
<tr>
<td>29-Nov</td>
<td>15</td>
<td>Treatment</td>
<td>Q14, A4</td>
</tr>
<tr>
<td>6-Dec</td>
<td>16</td>
<td>Final Exam Week</td>
<td>Final Exam &amp; Paper</td>
</tr>
</tbody>
</table>

*Q = quiz, A = assignment*

The professor reserves the right to change this schedule to best meet the needs of the class

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