

Liverpool John Moores University

Title: FUNCTIONS OF HUMAN SLEEP
Status: Definitive
Code: **6001PSYSCI** (113672)
Version Start Date: 01-08-2020

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
Mark Forshaw	Y

Academic Level: FHEQ6
Credit Value: 12
Total Delivered Hours: 26
Total Learning Hours: 120
Private Study: 94

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	2h exam	100	2

Aims

1. To introduce key theories of the functional role of sleep in relation to the brain and behaviour.
2. To explore contemporary applied issues in sleep research and to introduce students to methodologies and techniques in current use.
3. To consider potential conflict between sleep as a biological drive and social influences on sleep patterns.
4. To encourage independent review of research literature in the development of critical discussion.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the major theories of biological and psychological sleep function.
- 2 Critically review recent research across a broad range of topics associated with sleep : including studies of sleep deprivation, experimental sleep manipulation, environmental factors and sleep, sleep and ageing, circadian rhythms, dreaming and sleep pathology.
- 3 Show an awareness of applied issues in relation to sleep.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

EXAM	1	2	3
------	---	---	---

Outline Syllabus

Basic issues in sleep research. Why do we sleep? characteristics of normal and abnormal sleep.

Methods and techniques for studying sleep - the EEG. Circadian (daily) rhythms in sleep and wake time. 'Time-free' experiments and the influence of social factors in the regulation of sleep patterns.

How much sleep do we need? Individual differences in sleep patterns - genetic influences on sleep behaviours. The problems of insufficient sleep in terms of physical and cognitive performance.

Predicting risk outside the laboratory. Acute versus chronic sleep loss. Sleep in society : coping with shiftwork, jet lag, environmental noise and a 24h society. Sleep and mood : defining 'good' sleep - sleep as a subjective experience. Sleep and affective disorders - the therapeutic potential of sleep deprivation. Abnormal sleep : prevalence, diagnosis and treatment. Dreaming - why do we dream?

Learning Activities

1. Lectures
2. Private Study

Notes

Functions of Human Sleep provides an overview of current issues in sleep research. The course covers a broad range of topics, with an emphasis on integrating what is known about a basic biological drive for sleep with psychological and social issues.