Functions of Human Sleep

Module Information

2022.01, Approved

Summary Information

Module Code	6209PSYSCI
Formal Module Title	Functions of Human Sleep
Owning School	Psychology
Career	Undergraduate
Credits	10
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Lecture	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
			12 Weeks

Aims and Outcomes

Aims	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.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Evaluate the major theories of biological and psychological sleep function.
MLO2	2	Critically review recent research across a broad range of topics associated with sleep.

Module Content

Outline Syllabus	This module will cover a broad range of topics in considering both theoretical and applied questions about why we sleep. These topics will include:The timing of human sleep – biological, psychological and social influencesSleep and performance: deprivation studiesFunctions of sleepMeasuring sleepinessSleep in societyInfant sleepSleep and moodDreamingEvolutionary aspects of sleep
Module Overview	This module will introduce key theories of the functional role of sleep in relation to the brain and behaviour. You will explore contemporary applied issues in sleep research and consider potential conflict between sleep as a biological drive.
Additional Information	This module will explore sleep from a range of perspectives. The topics are organised around key questions designed to stimulate ideas and argument - do not expect simple answers! We will look at issues which have been around for some time - how does sleep affect the body? Why sleep at night? Just how much do people sleep each night? Why does this change as we get older? Where do ideas about sleep (such as the need for 8 hours sleep each night) originate? Why shouldn't we aim to sleep 6 hours or 10 hours? Can common sense tell us everything we need to know about sleep? The module will be taught through a series of 2 hour weekly lectures.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	exam	100	2	MLO1, MLO2

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Tara Kidd	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings