

## Liverpool John Moores University

Title: FUNCTIONS OF HUMAN SLEEP  
Status: Definitive  
Code: **6209PSYSCI** (121394)  
Version Start Date: 01-08-2021

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

| Team         | Leader |
|--------------|--------|
| Tara Kidd    | Y      |
| Mark Forshaw |        |

**Academic Level:** FHEQ6      **Credit Value:** 10      **Total Delivered Hours:** 22  
**Total Learning Hours:** 100      **Private Study:** 78

### Delivery Options

Course typically offered: Semester 2

| Component | Contact Hours |
|-----------|---------------|
| Lecture   | 20            |

**Grading Basis:** 40 %

### Assessment Details

| Category | Short Description | Description  | Weighting (%) | Exam Duration |
|----------|-------------------|--|---------------|---------------|
| Exam     | exam              | This is a 2 hour exam covering material across the entire range of topics presented in the module. | 100           | 2             |

### 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.*

## **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.

## **Learning Outcomes of Assessments**

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

|      |   |   |
|------|---|---|
| exam | 1 | 2 |
|------|---|---|

## **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 influences*

*Sleep and performance: deprivation studies*

*Functions of sleep*

*Measuring sleepiness*

*Sleep in society*

*Infant sleep*

*Sleep and mood*

*Dreaming*

*Evolutionary aspects of sleep*

## **Learning Activities**

The module materials are presented in weekly lectures but in order to complete this module students will need to engage in independent study, library data base searching and online forum discussion.

## **Notes**

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.