Course Syllabus
Psychology 263
Sleep and Dreaming
Larry Wichlinski
Winter Term, 2015

Office Hours: Monday 3-4 p.m.; Wednesday 3-4 p.m.
and by appointment

New York: W.W. Norton.

Cambridge, MA: Harvard University Press.

About the Course:

Welcome sleepers and dreamers! In this course we will delve deeply into
two of the most fascinating phenomena in the natural universe—sleep and
dreaming. We won’t be able to cover every single topic within this domain, but
over the next 10 weeks you’ll get a good overview of the field.

The format of this course will be a combination of mostly discussion and
some lecturing. We will NOT use a textbook, only journal articles (both reviews
and empirical papers, mostly very recent ones) and two excellent (I think)
sources on the history of sleep and dreaming. Most of the journal articles are
available through Science Direct or one of the other electronic databases,
retrievable via the Gould Library website. The ones not available through Science
Direct or other electronic databases will be available through electronic reserve
in the library. The articles on e-reserve are noted in the References section at the
end of this document.

The readings assigned for any given class day should be done by the time
you get to class. Be forewarned that this course is reading intensive and some of
the material is heavily biological; just do the best you can if you don’t
understand all of the material. I HIGHLY RECOMMEND THAT YOU READ
AHEAD AND DO NOT WAIT UNTIL THE NIGHT BEFORE TO READ THE
ARTICLES ASSIGNED FOR THE NEXT DAY. YOU ARE LIKELY TO BE
OVERWHELMED.

Requirements Fulfilled

For Psychology majors, this course counts toward your midlevel course
requirement in the Biological-Behavioral Cluster. For Neuroscience
concentrators, this course counts as an elective. For everyone else, this course
counts toward distro requirements in Social Science.
Assessment:

There are two exams in this course and one course project. Both exams are take-home, open book exams, divided into two questions each (i.e., you will submit 4 different papers about 4 pages each with separate deadlines for each paper). The course project will be an individual applied sleep project. You will submit a final report on your project **due on Tuesday, February 24th**. I will provide a separate handout regarding this assignment.

You will be graded on these three elements as well as on class participation. Part of your class participation grade will involve leading a large class discussion as part of a 3-member team assigned to specific readings and topics for a given class day.

The overall breakdown is as follows:

- **Midterm Exam**: 30% (15% + 15%)
- **Final Exam**: 30% (15% + 15%)
- **Class Project**: 20%
- **Participation**: 20%

If you believe that you’ll be unable to take the exam or hand in your course projects on the assigned day—for whatever reason—please see me as soon as possible. I will consider requests for extensions on a case-by-case basis.

Also, if for any reason you are unable to submit your final paper by the end of the final exam period, you’ll have to go through your class dean in order for me to accept your work. College policy dictates that I can’t accept class work after the end of the final exam period.

Students with Special Needs:

Those with special needs should see me as soon as possible in the term, concerning any needed accommodations.

Electronic Etiquette

Please put away your cell phones during class and don’t be checking them during class discussions, however tempted you may be. If you’re using your cell phone in class, I’m going to assume it’s because you have a relative or friend in the hospital and you’re checking on their status.
Final Thoughts:

I firmly believe that it's possible to work hard, learn a lot, and have some fun, too. I want this course to be a positive experience for you. As the term progresses, let me know if there are ways I might make that possible.

Also, I invite you to see me during my regular office hours. If these hours are not convenient, please arrange an appointment with me for some other time. Two final notes: I normally do not answer email on weekends, so if you send me one over the weekend, I probably won't answer it until Monday. But I’ll try to get back to you as quickly as I can.

Have a great term, and make sure you get enough sleep.

Course Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Topic and Assignment</th>
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<tbody>
<tr>
<td>Jan. 5th</td>
<td>Mon.</td>
<td>Overview and Course Introduction</td>
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<td>Jan. 7th</td>
<td>Wed.</td>
<td>Classical and Post-classical Views on Dreaming&lt;br&gt;<code>Assignment:</code> van de Castle (1994)</td>
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<td>Jan. 9th</td>
<td>Fri.</td>
<td>Dreaming: Freud &amp; Jung&lt;br&gt;<code>Assignment:</code> Freud (1913); Jung (1961); Stevens (1995) <code>&lt;br&gt;</code>Private Myths:` Chapter 3</td>
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<td>Jan. 12th</td>
<td>Mon.</td>
<td>Dream Science; More Freud &amp; Jung&lt;br&gt;<code>Assignment:</code> <code>&lt;br&gt;</code>Private Myths:` Chapters 4 &amp; 5</td>
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<td>Jan. 14th</td>
<td>Wed.</td>
<td>Common Dreams + Neurobiological Views on Dreaming&lt;br&gt;<code>Assignment:</code> Hobson &amp; McCarley (1977); <code>&lt;br&gt;</code>Private Myths:` Chapter 10 (Common Dreams)</td>
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<td>Jan. 16th</td>
<td>Fri.</td>
<td>Evolutionary Theories of Dreaming&lt;br&gt;<code>Assignment:</code> Revonsuo (2000)</td>
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<td>Jan 19th</td>
<td>Mon.</td>
<td>Theories of Dreaming II&lt;br&gt;<code>Assignment:</code> Domhoff (2001); Franklin &amp; Zyphur (2005)</td>
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<td>Jan. 23rd</td>
<td>Fri.</td>
<td>NO CLASS</td>
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Jan. 26th Mon. Theories of Dreaming IV  
Assignment: Hobson et al (2014)

Jan. 28th Wed. The Neurobiology of Sleep & Dreaming  
Assignment: Monti (2013); Solms (2011)

Jan. 30th Fri. The History of Sleep  
Assignment: Ekirch (2005) *At Day’s Close*  
Prelude; Chapter 7; & Chapters 10-12

Feb. 2nd Mon. Effects of Sleep Deprivation I:  

Feb. 3rd Tues. MIDTERM EXAM QUESTION 1 DUE IN PSYCH OFFICE BY 4:30 P.M. (NO ELECTRONIC COPIES)

Feb. 4th Wed. Effects of Sleep Deprivation II: Cognitive Function  

Feb. 6th Fri. Effects of Sleep Deprivation III: Emotion and Judgment  

Feb. 9th Mon. NO CLASS—MIDTERM BREAK

Feb. 10th Tues. MIDTERM EXAM QUESTION 2 DUE IN PSYCH OFFICE BY 4:30 P.M. (NO ELECTRONIC COPIES)

Feb. 11th Wed. Sleep & Emotion II  

Feb. 13th Fri. Effects of Sleep Deprivation IV: Biological Changes  

Feb. 16th Mon. Sleep & Memory I  

Feb. 18th Wed. Sleep & Memory II  
Feb. 20th  Fri.  Sleep & Memory III:  

Feb. 23rd  Mon.  Sleep & Memory IV: Unexpected Findings & Rethinking Sleep  

Feb. 24th  Tues.  Sleep Projects Due by 4:30 p.m. in Psych office (NO ELECTRONIC COPIES)

Feb. 25th  Wed.  Sleep & Memory V: Integration and Synthesis  
Assignment: Abel et al (2013); Breton & Robertson (2013); Inostroza & Born (2013); Stickgold (2013)

Feb. 27th  Fri.  Other Sleep Theories  
Assignment: Siegel (2009); Tononi & Cirelli (2014); Xie et al (2013)

Mar. 2nd  Mon.  Sleep Disorders I: Nightmares & Night Terrors,  

Mar. 4th  Wed.  Sleep Disorders II: Sleep-related Sex & Violence, REM Behavior Disorder  
Assignment: Mahowald (2009); Ohayon & Schenk (2010); Schenk et al (2007)

Mar. 6th  Fri.  Sleep Disorders III: Sleep Apnea & Insomnia  

Mar. 9th  Mon.  Sleep Disorders IV: Narcolepsy & Cataplexy  

Mar. 12th  Wed.  Sleep & Depression  

Mar. 11th  Tues.  Exam II, Question 1 Due by 4:30 p.m. In Psych office (NO ELECTRONIC COPIES)

Mar. 16th  Mon.  Exam II, Question 2 Due by 4:30 p.m. THIS TIME ELECTRONIC COPIES ARE OK (OR SUBMIT A PAPER COPY TO THE PSYCH OFFICE)
REFERENCES


Pace-Schott, E. F. (2009). Failure to find executive function deficits following one night’s total sleep deprivation in university students under naturalistic conditions. Behavioral Sleep Medicine, 7, 136-163. E-reserve.


Wilhelm, I, Dickelmann, S., Molznow, I. et al. (2011). Sleep selectively enhances
memory expected to be of future relevance. *Journal of Neuroscience, 31*, 1563-1569. E-reserve.


**OTHER RELEVANT REFERENCES (NOT ASSIGNED)**


Sleep Medicine Reviews, 11, 311-325.


