

The Science of Sleep

PHYL 160
SPRING 2016

Instructor: Sheryl Shook, PhD, LSP
Office: Kalia 218 (Office hours are held in 'Ōlapa)
Office Hours: MW 4:30-5:30 'Ōlapa 214 or courtyard; M 7:30-8:30a.m. virtual on BlackBoard
Email: shooks@hawaii.edu [my last name is shook but my email address is shooks]

Learning Resources

Tutorials, videos, and readings based on current research from sites such as PubMed, Harvard Medical School Division of Sleep Medicine, American Academy of Sleep Medicine/Sleep Education, Stanford Center for Sleep Sciences and Medicine, and more.

Course Description

Students participate in lessons and activities to gain an understanding of healthy and disordered sleep. In several contexts, students examine the impacts of sleep debt on the individual and the community, with a mindfulness about diverse cultural attitudes about sleep. There is instruction on dream analysis, dream-group facilitation, lucid dreaming, and theories about why we dream. Physiology of sleep homeostasis, circadian rhythms, and pharmacology are integrated into the teachings and include findings from current research. Civic responsibility is emphasized as students are empowered with ample knowledge and concern to engage community members in conversations about sleep debt and sleep wellness. Further community outreach is achieved through a sleep disorders poster information session.

Learning Objectives

There will be mini-lessons and activities such as “lecture and exam wrappers” woven into the course to increase student metacognition and study skills. Another element that runs throughout the content is the intention to motivate students to care more about social and economic injustices, and understand how the power of scientific knowledge can be limited by inequities in society. For example, although there is a benefit in understanding the science behind the necessity of adequate sleep to manage diabetes, this benefit may not be manifested if someone has to work excessive hours to make enough money to pay for basic needs, therefore making it impossible to get enough sleep.

Upon successful completion of the course, the student will be able to:

- Recognize the signs of sleep debt and appreciate the significance of its impacts on the individual and the community.
- Contrast theories about why we dream and be able to conduct a dream group, including describing steps to lucid dreaming.
- Apply principles of human and animal sleep physiology to theories about what sleep is, why we do it, and how diverse cultural attitudes about sleep have developed.
- Concisely communicate healthy sleep habits, incorporating nutrition and holistic approaches to sleep wellness.
- Describe sleep disorders and other sleep disruptive considerations such as post-traumatic stress disorder, drugs, and environment.
- Integrate an understanding of the scientific method into the design of an experiment, written assignments, oral presentations, and critical reading of articles.
- Build confidence about understanding science and participating in scientific courses, activities, and careers...“Science is for me! I can do it!”

Course competencies

While assessments will be conducted on all learning objectives, the following course competencies are also assessed and reported regularly in the Course Learning Report.

1. Describe the signs and impacts of sleep debt.
2. Contrast theories about why we dream.
3. Apply principles of physiology to theories about why we sleep.
4. Discuss how sleep and dreams are regarded in different cultures.
5. Concisely communicate healthy sleep habits.
6. Integrate an understanding of the scientific method into the design of an experiment.
7. Recognize several sleep disorders.

Methods of Assessment

Sleep disorders poster and information session	100 points
Activities, assignments, quizzes	100 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
<u>Final Exam</u>	<u>100 points</u>
Total Points	600 points

Course points and assignments are subject to change.

Course grade based on your percentage of the total course points:

90-100% = A

80-89% = B

70-79% = C

60-69% = D

0 - 59% = F

Attendance and Promptness

Class time will involve lessons, activities, pop-quizzes, and group discussions. Many class meetings involve earning points. If a student is late or absent, these points cannot be made up, unless the reason is excused (illness or documented emergency). Attendance and student participation are required during all scheduled class times; however, please do not come to class if you are sick. I can make arrangements for make up work if you miss class for an excused absence.

Arriving late to class disrupts the lesson for your classmates. If you are late to class more than twice, your course grade will drop by 2% for each subsequent time you are late. For example, if at the semester's end you have earned a passing grade of 75% (a C) and you have been late a total of 5 times, your grade will drop (by 6%=3x2%) to 69% (a D), which is no longer a passing grade.

Exams

All exams (including final exam) will be taken online at the Testing Center—bring photo ID. See hours and information at <http://www2.hawaii.edu/~kcctest/> or call 734-9144. You do not have a class meeting on exam day, so you can use that timeslot to take your exam. Exams open after the class meeting at the end of a unit and close 15 minutes before the class meeting of the next unit (final exam has different timing—see schedule). See the dates and times on Lulima Assignments, Tests, and Surveys. Due dates and times listed for exams on Lulima are to be used in combination with Testing Center hours. It is your responsibility to determine Testing Center hours relevant to each exam open time window. For example an exam may close in Lulima at 11pm on a given day but the testing center may close at 5pm that day so you will need to complete the exam before 5pm. Also, it is your responsibility to take into account that there may be long lines at the testing center that cause you to miss the exam, thus losing points (see below

for Missed Exams).

If you wish to use a testing center other than KCC, notify me by email 10 days before the exam, as the testing centers require documentation ahead of time. It is easy for me to include other testing centers; do what is most convenient for you.

Different exams are randomly assigned to individuals, and questions and answers are randomized to reduce any benefit from sharing information (cheating).

To view your corrected exam, come to office hours or make an appointment. Often I can also do this right after class. Our department recommends that we do not allow exams to circulate.

Missed Exams

Makeup exams for possible full-credit are only in cases of verifiable emergency or illness (excused missed exam). For other reasons (unexcused), if you do not complete your exam before the due time, you may take a makeup exam, but 30 points will be deducted from your score (on the 100-point scale). For example, if you score 80% on the exam, you will receive 50 out of 100 points ($80-30=50$). It is important that you consider lines and a long wait at the testing center, closing time of the testing center, and the due time of the exam. If you show up to take the exam at 2:00, and the exam is due at 3:00 on that day, but there are lines at the testing center, you may not be able to take the exam before it is due. This is your responsibility.

Missed exams must be made up at the testing center within 7 days of the original exam due date (unless other arrangements are made within a week of the missed exam). The make-up exams may be a different format and be more challenging than the original exam.

Exam Scores

Immediately after you take your exam, the score you see in Lualima will be your raw score. Later, the score may be adjusted—the points possible raw score of 39 may be reduced by 4 points, making the points possible 35. This would mean that someone scoring 35 would have 100% rather than 89.7%. I will determine the adjustment after I see the point spread and do an item analysis for all sections. The adjusted grades will be posted by the end of the week when the exam is due.

Make-up Work

Some coursework may be turned in late for partial credit. The latest any make-up coursework, including assignments, quizzes, and exams, may be turned in is before the last day of instruction (before the beginning of final exams).

Course Enrollment

If you do not show up for class before the end of the first class meeting, you will be dropped from the course.

The syllabus is subject to change; you will receive advance notice if it changes.

MATH/SCIENCE DEPARTMENT POLICY ON WITHDRAWALS AND INCOMPLETE:

A. **WITHDRAWALS (W GRADES)** – After the deadline March 29 2016 the instructor may sign withdrawals only in cases of extreme or unusual circumstances, but not poor grades.

Examples of valid excuses are 1. a certified medical issue 2. a death in the immediate family

Any student who stops attending class without officially withdrawing will earn an F course grade.

B. **INCOMPLETE (I GRADE)** – Students must make the request to the instructor for an Incomplete grade. “I” grades are given only to students who have passing grades and are very close to completing the course. Also, the student must have a very good reason for not being able to complete all the work on time, such as those listed under the withdrawal policy above.

KAPI‘OLANI COMMUNITY COLLEGE POLICY:

1. Kapi‘olani Community College is an Equal Opportunity/ Affirmative Action Institution.
2. Extended time in a distraction-free environment is an appropriate accommodation based on a student’s disability. If you are a student with a documented disability and have not voluntarily disclosed the nature of your disability so that we may coordinate the accommodations you need, you are invited to contact the Disability Support Services Office in ‘Ilima 107, ph.734-9552 , or email kapdss@hawaii.edu for assistance. For students whose primary disability is Deaf or hard of hearing, contact the KCC Deaf Center in Manono 102, ph. 734-9210 (V) or 447-1379 (videophone).
3. Students are expected to attend all classes for which they are registered. If unable to attend class, they should contact the instructor in advance and make necessary arrangements.

TWO-WAY COMMUNICATION DEVICES are not allowed in the classroom. Please see to it that these devices are turned off while in class.

UH POLICY ON EMAIL COMMUNICATION:

The electronic communications policy adopted in December 2005 establishes the University of Hawai‘i Internet service as an official medium for communication among students, faculty, and staff. The hawaii.edu address, with associated username and password, provide access to Web announcements and email. You should regularly log in to UH email and Web services for critical information from advisors, instructors, registration and business office staff, and others.

ACADEMIC GRIEVANCE STATEMENT:

In instructional activities, students are responsible for meeting all of the instructor’s attendance and assignment requirements. Failure to do so will affect grades. In all college-related activities, they must abide by the college’s conduct codes and regulations, refraining from behavior that interferes with the rights and safety of others in the learning environment. Finally, if they decide to file a grievance, they are fully responsible for providing proof that they have been wronged.

CLASS CANCELLATION:

Lecture is cancelled if, without prior notice, the instructor is more than 15 minutes late for 75 minute classes or more than 10 minutes late for 50 minute classes.