SCIENCE OF SLEEP LABORATORY
PHYL 160L
SPRING 2016

Instructor: Sheryl Shook, PhD, LSP
Office: Kalia 218 (Office hours are held in ʻŌlapa)
Office Hours: MW 4:30-5:30 ʻŌlapa 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:
PHYL 160L provides hands-on experience using the scientific method to address theories and questions in sleep science. As a part of the research projects, students will conduct experiments effectively utilizing a variety of equipment used by sleep researchers and sleep disorder clinicians. Topics range from sleep optimization to sleep disorders, with an additional emphasis on sleep debt and community outreach regarding sleep debt related health issues.

Prerequisite:
Credit or concurrent enrollment in PHYL 160.

Competencies:
Upon successful completion of PHYL 160L, the student should be able to:
1. Use laboratory techniques and instruments to apply the scientific method to test hypotheses.
2. Critically review scientific literature.
3. Design procedures for acquiring information from experimentation.
4. Record, analyze, and extract information from data acquired.
5. Communicate research results orally and in writing.

Grading:
Assignments   40%
Lab participation 10%
Projects   40%
Quizzes   10%

Attendance and Promptness
Class time will involve group activities and discussions, as well as involved laboratory procedures. Many class meetings involve earning points. If a student is late, leaves early, or is 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, or leaving early, disrupts the lesson for your classmates. If you are late to class, or leave early, more than twice, your course grade will drop by 2% for each subsequent time it happens. 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.

Make-up Work:
Some coursework may be turned in late for partial credit. The latest any make-up coursework may be turned in is before the last day of instruction (before the beginning of final exams). No work will be accepted after this date.

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.

 KAPIʻOLANI COMMUNITY COLLEGE POLICY:
1. Kapiʻolani 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 ʻIlima 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 Hawaiʻi 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.