

SPRING 2016
Science of Sleep Laboratory
 PHYL 160L CRN 33809

Week	Date	Topics
1	11-Jan	Sleep Science Research Topics and Class Projects // Community Building // Scientific Measurement Tools
2	18-Jan	<i>HOLIDAY</i>
3	25-Jan	Actigraphy // Scientific Articles // Mood Assessment // Hypotheses // Sleep Diaries
4	1-Feb	Scientific Method // Experimental Design // Actigraphy Analysis // Journal Club 1
5	8-Feb	Measurement Tools: sleep debt, alertness, mood, learning, memory, motor skill // Polysomnography (PSG)
6	15-Feb	<i>HOLIDAY</i>
7	22-Feb	Cognitive Behavioral Therapy For Insomnia // Research Topic Selection // Experimental Design Workgroups
8	29-Feb	Data Retrieval // Library Research Workshop With Joy Oehlers
9	7-Mar	Outreach Project Workgroups
10	14-Mar	Research Project Workgroups // Actigraphy and PSG Data Analysis
11	21-Mar	<i>HOLIDAY</i>
12	28-Mar	Sleep Wellness In The Community // Literature Research and Presentations
13	4-Apr	Statistics // Outreach Worksession // Group Progress Reports On Experiments
14	11-Apr	Strategies For Healthy Sleep (including meditation, guided imagery, progressive relaxation)
15	18-Apr	Outreach Activities
16M	25-Apr	Research Project Workgroups // Outreach Presentations
16F	29-Apr	FRIDAY, APRIL 29TH 9:00-10:00a.m. at Cafeteria for Poster Session* Notice this is week 16.
17	2-May	No meeting in classroom. Poster session meeting on 4/29 is in place of this class meeting.

*Arrangements must be made before the end of the second week of classes if you cannot make this time. Otherwise a 50% point deduction will be made off of the poster assignment.