

Week	Date	Topic
1	13-Jan	What is sleep and why do we do it?
	15-Jan	Diverse cultural attitudes about sleep
2	20-Jan	Sleep debt and Multiple Sleep Latency Test
	22-Jan	Circadian rhythm
3	27-Jan	REM / NREM and EEG
	29-Jan	Polysomnography
4	3-Feb	Healthy sleep habits
	5-Feb	Holistic approach to sleep health
5	10-Feb	Nutrition
	12-Feb	Exam 1
6	17-Feb	Human brain anatomy and physiology
	19-Feb	Sleep physiology
7	24-Feb	Hormones and sleep / Case study
	26-Feb	Do animals and bugs sleep?
8	2-Mar	Scientific method
	4-Mar	<i>HOLIDAY</i>
9	9-Mar	Dreams 1
	11-Mar	Dreams 2
10	16-Mar	Facilitating a dream group
	18-Mar	Exam 2
11	23-Mar	<i>HOLIDAY</i>
	25-Mar	<i>HOLIDAY</i>
12	30-Mar	Going back in time
	1-Apr	Sleep disorders 1
13	6-Apr	Sleep disorders 2
	8-Apr	Sleep apnea and post-traumatic stress disorder
14	13-Apr	Drugs
	15-Apr	Sleep optimization / Polyphasic sleep / Yawning
15	20-Apr	Current topics in research: What do you think?
	22-Apr	In-class activity
16	27-Apr	Exam 3
	29-Apr	Poster session: Meet in cafeteria
17	4-May	Sleep Science Integrated
	6-May	<i>No classes (Last day of instruction at KCC is 5/4/16)</i>
17/18	4-11 May	~~~~~Final Exam at Testing Center~~~~~ May 4th - May 11th before Testing Center closes