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 HOLIDAY  9 9-Mar Dreams 1  11-Mar Dreams 2  10 16-Mar Facilitating a dream group  18-Mar Exam 2  11 23-Mar HOLIDAY  12 30-Mar Going back in time  1-Apr Sleep disorders 1  13 6-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?  17-Apay Sleep Science Integrated  6-May No classes (Last day of instruction at KCC is 5/4/16)  May 4th - May 11th before Testing Center	Week	Date	Topic
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May 4th - May 11th before Testing Center closes	17/10	/ 11 N/a	~~~~~Final Exam at Testing Center~~~~~
<u> </u>	11/12	4-TT INIGA	May 4th - May 11th before Testing Center closes