

Staff	Office Hours			
James Hudziak M.D.	Office Hours TBD UHC Campus 1 South Prospect St.			
Co-Instructor:	<i>Pamela Swift, Ph.D.</i>		Contact: pjswift@uvm.edu Office Hours: by appointment	
Teaching Assistants			Contact: TBD Office Hours available by appointment	
How to contact us	Use your UVM e-mail account so we can reply (if needed) with confidential information about your work in the class. In most cases, you will get a reply within 1 business day as e-mail is checked frequently (but not on Saturdays). For most prompt response, send to the class account instead of to individual instructors. If the message is intended specifically for Dr. Hudziak then note that in the e-mail.			
How we contact you	Most information will be posted on Blackboard. If we need to contact you individually, we will use your UVM e-mail address. Students are expected to manage their own e-mail accounts so that they can receive messages related to the course.			
Web-based resources	https://bb.uvm.edu/ This is your gateway to the resources for the course, including readings, videos, and other material. Most of your assignments will be posted here. You are expected to check it regularly.			
Section	CRN	Time	Days	Location
COMU 196C	14697	8:30-9:45	T Th	L/L Commons 315

Student Learning Objectives:

- Develop an understanding for theories of why humans need sleep and how circadian rhythm works
- Describe a variety sleep disorders and their effects on individuals
- Identify assessment methods for sleep as well as treatments for sleep disorders
- Discuss cultural / social implications of sleep across the lifespan

This course has several elements:

Many seminars will be lecture-style communicating peer reviewed research to the class. Accompanying seminars will include debates, class discussions, films, and guest lectures as an interactive way to consolidate knowledge gained about a topic. Throughout the course, we will be creating a final project individually or in small groups that will be presented in April/May.

Grading Criteria / Attendance Policy

Elements	Details	Points Possible	Percentage of Grade
Attendance	**Attendance is mandatory. Each student gets two excused absences, each absence after that will result in a deduction from your attendance grade.	180	30%
Blackboard Assignments	10 graded assignments that will be submitted online	120	20%
In Class Activities/Participation	Debates, Class Discussions, etc.	90	15%
Sleep Improvement Experiment	To be discussed in class	60	10%
Quizzes	Two quizzes total, each worth 5%	60 (30 per quiz)	10%
Final Project	This will be finalized over the course of our class	90	15%
Total		600	100%

** As noted above, attendance is **mandatory**. Each student is allowed two excused absences. Each absence thereafter will negatively affect your grade by a loss of 10 points per absence. *(Unless you have a scheduled varsity or club athletic event, religious holiday, illness, or family crisis that is covered by UVM policy)*

Is there a textbook?

No! There is no required textbook for this course. Instead, there will be weekly reading assignments, including research papers, which relate and help to further enforce the concepts

covered in lecture. If you are looking for a supplemental text for this class, then I recommend ***The Promise of Sleep* by William Dement, MD, PhD**. You can find it for \$10-\$15. This book may be referenced in class from time-to-time, but there will be no specific readings associated with it.

Weekly Blackboard Assignments:

There will be a total of 10 assignments and they will make up 20% of the final grade for the course. Each assignment will be due Fridays by 10pm. Late assignments will **not** be accepted. The activities will range from readings and responses to debate / class lecture responses.

In Class activities:

In class activities are used to grade participation in the course. In class activities give students the opportunity to collaborate with other students and discuss the concepts being presented. These may take the form of informal discussion groups or group debates.

Quizzes:

There will be 2 quizzes throughout the semester as outlined in the schedule. Each quiz is worth 5% of your final grade. The quizzes will contain a variety of multiple choice questions and two short answer questions.

Sleep Improvement Experiment:

Students will be tasked with tracking and analyzing their sleep habits along with completing brief sleep assessments. Students will then create a sleep improvement plan based upon class readings/lectures. They will implement this plan while continuing to track their sleep and then reflect upon how this has changed their sleep. A brief summary (1-2 pages, double spaced, 12-point font), along with sleep logs and pre/post-assessments, will be due at the end of the semester. Students may use this plan as their final project presentation if they choose.

Classroom Environment Expectations:

- Students are expected to attend every class, arriving promptly and remaining alert and involved until dismissed by the instructor
- Faculty and students will promote academic discourse and the free exchange of ideas by listening with civil attention to all individuals.
- **Laptop computers and other web-enabled devices:** Cell phones cannot be used during class; laptops are not permitted for any reason other than note taking; if laptops are found to be used for other purposes, they will be banned from class as permitted by UVM policy.

Course Schedule

Week 1	Tuesday, Jan 16	Introduction Defining Sleep / Sleep Basics (I)
	Thursday, Jan 18	Defining Sleep / Sleep Basics (II)
Week 2	Tuesday, Jan 23	Neurobiology of Sleep
	Thursday, Jan 25	Circadian Rhythms *Blackboard Assignment 1 Due Friday
Week 3	Tuesday, Jan 30	Sleep in Infants/Children
	Thursday, Feb 1	Sleep in Adolescents/Young Adults *Blackboard Assignment 2 Due Friday
Week 4	Tuesday, Feb 6	Sleep in Adults/Older Adults
	Thursday, Feb 8	Sleep in Special Populations Guest Speaker: Dr. Montgomery-Downs *Blackboard Assignment 3 Due Friday
Week 5	Tuesday, Feb 13	Assessing/Tracking Sleep (I)
	Thursday, Feb 15	Debate #1: Tech and Wearable Trackers *Blackboard Assignment 4 Due Friday
Week 6	Tuesday, Feb 20	Assessing/Tracking Sleep (II)
	Thursday, Feb 22	Quiz 1
Week 7	Tuesday, Feb 27	Sleep and Psychology: Cognition
	Thursday, March 1	Sleep and Psychology: Memory *Blackboard Assignment 5 Due Friday
Week 9	Tuesday, March 6	Town Meeting Day; No Class
	Thursday, March 8	Sleep Deprivation *Blackboard Assignment 6 Due Friday
Spring Recess- No Class		

Week 10	Tuesday, March 20	The Science of Dreams
	Thursday, March 22	Debate #2: Dream Interpretation *Blackboard Assignment 7 Due Friday
Week 11	Tuesday, March 27	Pediatric Sleep Disorders
	Thursday, March 29	Adult Sleep Disorders *Blackboard Assignment 8 Due Friday
Week 12	Tuesday, April 3	Sleep Disorder Treatments
	Thursday, April 5	Drugs and Sleep *Blackboard Assignment 9 Due Friday
Week 13	Tuesday, April 10	Sleep and Health
	Thursday, April 12	Quiz 2
Week 14	Tuesday, April 17	Sleep and the Law/Policy
	Thursday, April 19	Debate #3: Sleep Regulation *Blackboard Assignment 10 Due Friday
Week 15	Tuesday, April 24	Final Presentations
	Thursday, April 26	Final Presentations *Sleep Improvement Summary Due
Week 16	Tuesday, May 1	Final Presentations
	Thursday, May 3	Final Presentations
Week 17	Final Exam Period	Final Presentations (if needed)

*Please note: the course schedule is NOT finalized and may be changed according to lecture progress, invited speakers, and class discussion. NO CHANGES IN THE SYLLABUS WILL BE MADE WITHOUT PRIOR DISCUSSION WITH THE WHOLE CLASS.

Student Learning Accommodations: In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact Student Accessibility Services, the office of Disability Services on campus. Student Accessibility Services works with students and faculty in an interactive process to explore reasonable and appropriate accommodations via an accommodation letter to faculty with approved

accommodations as early as possible each semester. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course.

Contact Student Accessibility Services: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; www.uvm.edu/access

UVM's policy on disability certification and student support:
www.uvm.edu/~uvmppg/ppg/student/disability.pdf

Religious Holidays: Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

Academic Integrity: The policy addresses plagiarism, fabrication, collusion, and cheating.
<http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf>

Grade Appeals: If you would like to contest a grade, please follow the procedures outlined in this policy: <http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf>

Grading: For information on grading and GPA calculation, go to www.uvm.edu/academics/catalogue and click on Policies for an A-Z listing.

Code of Student Rights and Responsibilities:
www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf

FERPA Rights Disclosure: The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974.
<http://www.uvm.edu/~uvmppg/ppg/student/ferpa.pdf>

Promoting Health & Safety:

The University of Vermont's number one priority is to support a healthy and safe community:

Center for Health and Wellbeing <http://www.uvm.edu/~chwb/>

Counseling & Psychiatry Services (CAPS) Phone: (802) 656-3340

C.A.R.E. If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <http://www.uvm.edu/~dos/>

Final exam policy: The University final exam policy outlines expectations during final exams and explains timing and process of examination period.

<http://www.uvm.edu/academics/catalogue2013-14/?Page=allpolicies.php&SM=policymenu.html&policy=Exams>