

The Power of Sleep (PDV 74)

Instructor

Glenn S. Brassington, Ph.D.

Course Description and Class Format

We spend almost one-third of our lives sleeping. And while 80 percent of people reported feeling satisfied with the quality of their sleep thirty years ago, only 20 percent feel that way today. Something has gone wrong! What accounts for this change? What are its consequences? How can it be reversed? Sleep research has been called the “final frontier in health behavior change” in our quest for optimal health and peak performance.

Understanding sleep requires an interdisciplinary approach that includes such academic disciplines as biology, psychology, political science, and anthropology. In this course, students will learn about the fundamentals of sleep physiology, circadian rhythms, arousal, effects of sleep deprivation (e.g., sleep debt) on health and performance, and a program for increasing sleep quality. Students will conduct sleep experiments, create a sleep improvement program, and evaluate the effects of sleep on their personal well-being and performance. Aspects of using sleep to enhance creativity will also be addressed. Students will come away from this course understanding how sleep works, the consequences of inadequate sleep, and how to improve their sleep.

The class format includes lecture, group discussion, and the practice of self-regulatory strategies to improve sleep. The main goal of this seminar is for participants to read about, discuss, and apply strategies for improving the quality and quantity of their sleep. In order to improve understanding and support practice, I would like each student in this course to pair up with a coach/supporter/buddy. Hence, everyone in this seminar will act as a coach/supporter/buddy for at least one other person. Buddies should schedule at least one 10-15 minute in-person/Zoom, telephone conversation, online chat, or email contact each week.

Sample Weekly Class Structure

700-715 Class discussion of past week's Action Plan

715-750 Lecture

750-800 Break

800-850 Lecture continued and practicing sleep enhancement strategies

Readings

Readings will be provided throughout the class and made available on Dropbox.

CD

Brassington, G. *Excellence is No Accident*. Tracks from the CD are posted on Dropbox.

Grading

There will be no grades given in the course. Students will receive a grade of Credit (CR) at the end of the class if they attend 80% of the classes.

Course Calendar

Date	Topics	Readings
1/25	Course overview Getting to know one another Increasing awareness Assessing sleep, daytime functioning, and dreams What is normal sleep? Finding a buddy ACTION PLAN (Week 1)	Sleep Log and Epworth Sleepiness Scale
2/1	Benefits of good quality sleep and costs of poor quality sleep <u>Sleep Improvement Program: Overview</u> <u>Sleep Improvement: Sleep drive (Sleep when you are tired)</u> <u>Sleep Improvement Program: Physical arousal (calm your body)</u> ACTION PLAN (Week 2)	Brassington (2012)
2/8	What are dreams? How can we use our sleep and dream time to improve our life? <u>Sleep Improvement Program: Cognitive arousal (calm your mind)</u> ACTION PLAN (Week 3)	To be determined
2/22	Sleep Disorders Sleep Medications pros and cons Non-prescription substances pros and cons <u>Sleep Improvement Program: Circadian rhythms (get in synch)</u> <u>Sleep Improvement Program: Manage your sleep environment</u> <u>Sleep Improvement Program: Stimulus control & sleep environment</u> ACTION PLAN (Week 4)	To be determined
2/29	<u>Sleep Improvement Program: Health behaviors (eat, drink, and be merry)</u> <u>Sleep Improvements Program: Maintaining gains and dealing with relapses and setbacks.</u> ACTION PLAN (Week 5)	To be determined

These class sessions will be recorded.

Live participation is required in order for students to receive the full benefit of the course. Class recordings are not intended to be a replacement or substitute for class attendance.