**L3: SLEEP**

**Module Leader:** Dr Andrew Bagshaw  
**Teaching Staff:** Dr Andrew Bagshaw, Dr Teresa Arora

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**RESTRICTION ON ENROLMENT:** 50  
**STATUS:** Optional  
**CONTACT HOURS:**  
- Lectures: $10 \times 2$ hours, $1 \times 2$ hour (exam review)  
- Seminars: $3 \times 2$ hour  
- Office hours: $10 \times 1$ hour

**MODULE DESCRIPTION/CONTENT:**

This module will be a comprehensive introduction to normal and pathological sleep, covering the topic from biological, neurological, psychological and psychiatric perspectives. We will discuss the classification and evolutionary purpose of sleep, examine the sleeping brain, and see how sleep affects cognition, and mental and physical health. The various types of sleep disorder will be introduced, along with their consequences on psychological and psychiatric function, their prevalence in the population, and methods of treatment. Module content will be delivered though lectures and discussion and practical sessions, and include the following topics:

1. What is Sleep For?  
2. The Sleeping Brain  
3. Sleep and Cognition  
4. Sleep and Mental Health  
5. Sleep and Physical Health  
6. Sleep Disorders

**KEY LEARNING OUTCOMES:**

On completion of this module the student will be able to:

1. describe and discuss the characteristics of sleep, the link between sleep patterns and mental and physical health, as well as what is understood about how sleep affects and contributes to cognition;  
2. demonstrate understanding of the methods used to classify sleep and investigate the sleeping brain;  
3. critically evaluate theories and evidence regarding the purpose of sleep;  
4. understand the classification and symptomatology of sleep disorders;

**METHOD OF ASSESSMENT:**

Essay (40%): A 2000 word critical essay on a topic related to one of the lectures.  
Summer Examination: (60%)

**READING LIST:**

Reading will be empirical papers and book chapters selected by the module leader in relation to the topic being covered in each lecture. Examples include:


**ANY OTHER INFORMATION:**

Feedback
Generic feedback on all of the assessments will be posted on the module WebCT page. Where coursework is returned to students, it will be accompanied by individual feedback.

**Skills**
Critical thinking, organisation and planning, information gathering, research design, essay writing/written communication