

<i>Course Name</i> <b>Sleep and Health</b>	
<b>Lecturer:</b> Assoc. Prof. Evdokia Christova - Slavcheva, Ph.D.	
<b>Type of Course</b> An Elective Course	<b>Educational Degree</b> Master's
<b>Year</b> Second	<b>Semester</b> 3rd
<b>ECTS</b> 3	<b>Workload</b> 15 hours of lectures and 15 hours of seminars
<b>Type of education</b> Full-time education	
<b>Assessment</b> a term paper and a multiple-choice final test	<b>Language of Education</b> English

### **Prerequisites**

Students should have completed *Physiological Basis of Behavior* and *Cognitive Psychology* courses.

### **Exam**

*Course requirements:*

- Attendance of min. two thirds of the classes.
- A term paper.
- A multiple-choice final test.

### **Course aims**

The course provides an introduction to the basic knowledge of the nature of normal sleep patterns and their impact on health-related quality of life. The information about the essential characteristics of sleep architecture, sleep change over the life-span and the major functions of sleep gives the common conceptual framework for the evaluation of sleep needs and consequences of sleep deprivation for the daytime functioning (cognition, behavior, mood). Psychological analysis of dreaming is aiming to reveal the differences between psychoanalytic and cognitive approaches. Classification of sleep disorders is introduced on the base of International Classification of Sleep Disorders, Version 2 (ICSD-2). From the numerous sleep assessment methods the course centers on sleep interview and sleep questionnaires, polysomnography and psychological assessment of the sleep problems. The efficiency of cognitive-behavioral methods and interventions for primary insomnia are demonstrated in recent research.

### **Lectures and seminars**

- 1. THE NATURE AND ORGANIZATION OF SLEEP**  
The basic characteristics of the sleep architecture. Sleep stages and their specificity.
- 2. BIOPSYCHOSOCIAL DETERMINANTS OF SLEEP: CIRCADIAN AND HOMEOSTATIC FACTORS**  
The basic facts about homeostatic and circadian principles and its implications for understanding sleep problems and difficulties with staying awake.
- 3. PSYCHOLOGICAL ANALYSIS OF DREAMING: PSYCHOANALYTIC AND COGNITIVE APPROACHES**  
The dreams reflect concerns, issues, problems, and experiences important in everyday lives. Psychoanalytic point of view claimed that dreams are uniquely useful for insight into the unconsciousness. Cognitive point of view investigates important function of dreaming in the consolidation of newly acquired knowledge and in the resolution of emotional conflicts.
- 4. THE MAJOR FUNCTIONS OF SLEEP**  
The complexity of the processes that occur during sleep are interpreted in the context of adaptive and recuperative theories.

## 5. EVALUATION OF SLEEP NEEDS

Quality and quantitative differences in sleep architecture of Newborn, Older Infants, Toddlers and Preschoolers, Grade School through Adolescence, Adulthood. Evaluation of individual sleep needs.

## 6. THE CONSEQUENCES OF SLEEP DEPRIVATION

The evidences from recent studies for total sleep deprivation and partial sleep deprivation. The problem of a chronic sleep debt.

## 7. CLASSIFICATION OF SLEEP DISORDERS

International Classification of Sleep Disorders, Version 2 (ICSD-2)

## 8. SLEEP ASSESSMENT METHODS

The sleep interview and sleep questionnaires. Polysomnography. Psychological assessment of the sleep problem

## 9. INSOMNIA, SLEEP LOSS, AND DAYTIME FUNCTIONING.

Definition of different types of insomnia. The Specific features of the primary insomnia and its impact on psychological well being and on physical health. Subjective complaint and objective evidence from polysomnography and neuropsychological testing of insomnia.

## 10. COGNITIVE – BEHAVIORAL INTERVENTIONS FOR PRIMARY INSOMNIA

Empirically supported treatments for insomnia: Sleep hygiene guidelines, relaxation therapy, behavioral and sleep scheduling strategies, and cognitive interventions.

### References

- Lee-Chiong, T. (2006). *Sleep: A Comprehensive Handbook*. Hoboken, New Jersey: John Wiley & Sons, Inc.
- Moorcroft, W. (2005). *Understanding Sleep and Dreaming*. New York: Springer.
- Morin, Ch., C. Espie (2003). *Insomnia. A Clinical Guide to Assessment and Treatment*. New York: Kluwer Academic Publishers.
- Adan A., M. Fabbri, V. Natale & N. Prat (2006). *Sleep Beliefs Scale (SBS) and circadian typology*. In: Journal of Sleep Research. 15, 125–132.
- Belanger, L., J. Savard and Ch. Morin (2006). *Clinical management of insomnia using cognitive therapy*. In: Behavioral sleep medicine, 4(3), 179 – 202.
- Harvey K., C. Espie (2004). *Development and preliminary validation of the Glasgow Content of Thoughts Inventory (GCTI): A new measure for the assessment of pre-sleep cognitive activity*. In: British Journal of Clinical Psychology, 43, 409–420.

### Standards of Academic Integrity

Generally, academic fraud and dishonesty include, but are not limited to the following categories: cheating, fabrication, plagiarism, multiple submissions, etc.

- **Cheating:** Using unauthorized notes, aids or information on an examination; altering a graded work prior to its return to a faculty member, allowing another person to do one's own work and submitting it for grading.
- **Fabrication:** Inventing or falsifying information, data or citation; presenting data gathered outside of acceptable professorial guidelines; failing to provide an accurate account of how information, data or citations were gathered; altering documents affecting academic records; forging signatures or authorizing false information on an official academic document, grade, letter, form or any other university document.
- **Plagiarism:** Submitting material that in part or whole is not one's own work; submitting one's own work without properly attributing the correct sources of its content.
- **Multiple Submissions:** Submitting identical papers or course work for credit in more than one course without prior permission of the instructor.

A breach of ethics or act of dishonesty can result in:

- failure of an entire course (blatant plagiarism, cheating on a test or quiz)
- academic suspension or expulsion from the university.