Approved by: ……..

Dean

Date .....

SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI"

Faculty: Philosophy

Specialty: Psychology

F	F	P	0	2	0	1	2	6

Master Program: General Psychology in English

F	F	P	3	7	0	2	2	3

SYLLABUS

Course:

1	3	0	6

(code and name) ***Sleep and Health***

Lecturer: Assoc. Prof. Lubomira Nikolaeva-Glomb, MD, PhD

Assistant: ------

Academic work	Type	Number of classes
In-class work	Lectures	8
	Seminars	7
	Practical classes (teaching assistance)	0
Total in-class work		**15**
Out-of-class work	Weekly independent work in Moodle	60
	Weekly quizzes	15
Total out-of-class work		**75**
Total of academic work		**90**
ECTS credits in-class work		**2**
ECTS credits out-of-class work		**1**
Total ECTS credits		**3**

№	Grading	% of the grade
1.	Weekly quizzes	20%
2.	Final test	80%

Outline of the course
The course explores the biological, psychological, and social importance of sleep and its impact on human health and well-being. The course examines the science of sleep, sleep cycles, circadian rhythms, and the role of sleep in physical, emotional, and cognitive functioning. Students will distinguish normal versus abnormal sleep. They will learn about common sleep disorders, the consequences of sleep deprivation, and evidence-based strategies for improving sleep quality and overall health. The course combines theoretical knowledge with practical applications, encouraging students to analyze modern lifestyle factors that affect sleep, including stress, technology use, work schedules, and social habits. Emphasis is placed on developing healthy sleep behaviors and understanding the relationship between sleep and public health.

Preliminary requirements
Completion of courses *Biological Pshychology* and *Cognitive Psychology*

Expected outcomes
By the end of the course, students will be able to explain the physiological and psychological mechanisms of sleep, will be informed about major sleep disorders and their health consequences, will be able to analyze the effects of sleep on learning, memory, mood, immunity, and chronic disease. Upon successful completion of the course, students will demonstrate an understanding of the relationship between sleep and health and will be able to critically assess factors affecting sleep quality in both personal and professional contexts, as well as to apply evidence-based strategies to promote healthy sleep habits.

Syllabus

№	**Topic**	**Number of classes**
1	The importance of sleep. Defining sleep. How much sleep is needed. Sleep hygiene. The effects of age. Losing and gaining control of the sleep rhythm.	2
2	How the brain generates sleep. Diagnosing sleep disorders. Polysomnography. Sleepiness. Circadian misalignement. Excessive daytime sleepines. Narcolepsy.	2
3	Sleep-related breathing disorders. Sleep apnoea syndromes.	1
4.	Sleep deprivation. Sleep loss and the body. Diabetes. Cancer. Heart attack. Shorter life.	1
5.	Insomnia. Psychophysiological insomnia. Secondary (comorbid) insomnia.	2
6.	The parasomnias. Parasomnias at the wake-sleep transition. Parasomnias from deep (non-REM) sleep. Parasomnias from REM sleep.	2
7.	Normal sleep in children. Sleep disorders in children.	1
8.	Sleep in neurodegenerative disease. Parkinson’s disease. Alzheimer’s disease. Motor neuron disease.	1
9.	Sleep in psychiatric disorders. Depression. Anxiety disorders.	1

	Psychotic disorders. Drug dependency.	
10.	Drugs used in sleep medicine. Agents to promote wakefulness. Agents to induce or improve nocturnal sleep. Sleep-related side effects of commonly used drugs. Pills vs. therapy.	1
11.	What is stopping you from sleeping? Good sleep practices.	1

Exam Questions

№	Question
1	Circadian rhythmes and sleep stages.
2	Sleep and brain function.
3	Sleep deprivation and fatigue.
4.	Stress, mental health, and sleep.
5.	Sleep disorders (insomnia, sleep apnea, narcolepsy, etc.).
6.	Sleep across the lifespan.
7.	Technology, lifestyle, and sleep hygiene

Bibliography

Basic:

Reading, P. (2013). *ABC of Sleep Medicine*. Weley Blackwell. BMJ Books.

Walker, M. (2017). *Why We Sleep. Unlocking the Power of Sleep and Dreams*. Scribner.

Additional

Badr, M. S. & Martin, J. L. (2021). *Essential of Sleep Medicine*. Humana press.

Date: May, 2026 **Author: Lubomira Nikolaeva-Glomb, MD, PhD**