

## Sleep: The Fourth Basic Need

**Purpose:** The purpose of this seminar is to explore the topic of sleep in its various aspects.

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| <b>Moderator:</b>     | Fran Volkmann  |
| <b>Co-moderator:</b>  | Joan Davis   |
| <b>Date and Time:</b> | Tuesday morning, 10:00-Noon<br>10 weeks, starting September 25 |
| <b>Format:</b>        | Seminar  |
| <b>Location:</b>      | Lathrop Northampton Community Room                             |

**Description:** As important for human survival as air, food, and water, the need for sleep has, until modern science, remained essentially mysterious. We will look into recent research in all the major aspects of sleep, including: the physiology and psychology of sleep; sleep rhythms and stages; evolutionary and developmental aspects of sleep; benefits of sleep for the brain and for the body; dreaming, as therapy and as emotional and creative work; effects of sleep deprivation; sleep disorders; insomnia and its treatments; and portrayals of sleep in myth, literature, poetry, art, and music.

**Role of participants:** To read appropriate materials prior to each week's session; present one topic from choices available and lead discussion (1 hour); participate in weekly discussions.

**Resources:** *Why We Sleep; Unlocking the Power of Sleep and Dreams*, Walker, Matthew, Scribner, New York, 2017. This book will be our text for the seminar.

**About the Moderators:** Both Fran Volkmann and Joan Davis are long-time members of LIR and have moderated previous seminars, alone and together. They have both also spent approximately a third of their lives asleep. Fran's academic background is in the general field of "Brain and Behavior," which includes many aspects of this seminar; Joan has great interest, but no specific background, in the topic. She is a top-notch sleeper, however.

**Maximum number of participants:** 18

**Auditors accepted:** yes, up to 2

**Course #** 18FSL