

SLEEP
Preliminary Outline

DATE	TOPICS	READINGS
WEEK 1	<ol style="list-style-type: none"> 1. Overview of Seminar 2. Views of Sleep throughout history 	
WEEK 2	<ol style="list-style-type: none"> 1. Portrayals of sleep in Literature 2. Portrayals of sleep in the Performing Arts 	
WEEK 3	<ol style="list-style-type: none"> 1. What is Sleep? Current definitions 2. Sleep Rhythms 	Walker, Ch 1,2,
WEEK 4	<ol style="list-style-type: none"> 1. Sleep Stages 2. Evolutionary aspects of Sleep: Sleep across species 	Walker, Ch 3 Walker, Ch. 4
WEEK 5	<ol style="list-style-type: none"> 1. Sleep throughout the Lifespan 2. Benefits of Sleep for the Brain 	Walker, Ch 5 Walker, Ch 6
WEEK 6	<ol style="list-style-type: none"> 1. Sleep Deprivation: Effects on Brain 2. Sleep Deprivation: Effects throughout Body 	Walker, Ch 7 Walker, Ch 8
WEEK 7	<ol style="list-style-type: none"> 1. Dreaming: Overview 2. Dreaming as Therapy 	Walker, Ch 9 Walker, Ch 10
WEEK 8	<ol style="list-style-type: none"> 1. Dreaming as Emotional and Creative Work 2. Sleep Disorders 	Walker, Ch 11 Walker, Ch 12
WEEK 9	<ol style="list-style-type: none"> 1. Insomnia: Types and Consequences 2. Insomnia: Treatments: Drugs 	Walker Ch 13 Walker, Ch 14
WEEK 10	<ol style="list-style-type: none"> 1. Insomnia Treatments: Cognitive Therapy 2. Conclusion, and a nap 	