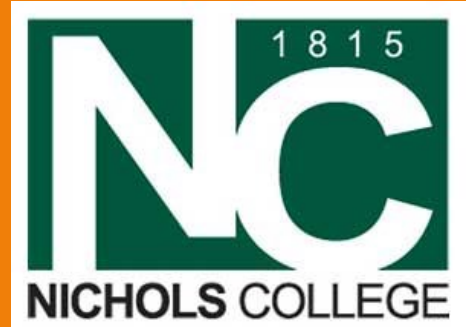


# COURSE SYLLABUS PSY270 Spring 2014



## WHAT'S IN THIS SYLLABUS



## COURSE DESCRIPTION & OBJECTIVES:

### Why is sleep so important?

To be a peak performer you need to be fully alert, dynamic, energetic, in a good mood, and cognitively sharp. You must be able to concentrate, remember, make critical and creative decisions, communicate persuasively, and be productive all day long. None of this is possible without quality sleep.

Furthermore, healthy sleep has been proven to be the single most important determinant in predicting longevity. It is more influential than diet, exercise or heredity, but our modern culture has become a study in sleep deprivation. We must learn to value sleep, yet most of us know very little about the incredibly varied activity that occurs during the course of each night, and how it affects health, happiness and performance! ❖

*"When you have insomnia, you're never really asleep, and you're never really awake."*

*~From the movie Fight Club, based on the novel by Chuck Palahniuk*

### What you will learn?

By the end of this course, you will have a better understanding of...

- 1) The fundamental nature of sleep, including the distinction between REM (rapid eye movement) and NREM (non-rapid eye movement sleep), developmental changes in sleep patterns, sleep across species, etc.
- 2) Theories of the function(s) served by both REM and NREM sleep.
- 3) Sleep disorders and their identification.
- 4) Dreams and the differing views on the significance and purpose of sleep-related mentation.
- 5) I hope this course will stimulate your interest in, and your thoughts about, sleep and dreams. I also hope that it will increase your appreciation for the importance of sleep and the potential consequences of the all too common practice of pushing the boundaries of sleep. ❖

## CONTACT INFORMATION:

Instructor: Dr. Davis | E-Mail: [Thomas.Davis@Nichols.Edu](mailto:Thomas.Davis@Nichols.Edu) |

Office hours: Davis Hall Room 6 –Wed. & Fri. 8:00-9:00 a.m. & Thur.: 11:00--12:00

Course Website: <https://sites.google.com/site/bisondreams/>

Automatic reminders: Dial (203) 502-7916, text this message @ **sleppps**

## RESOURCES AND POLICIES 2

*Got a question? Need help? Want clarification on course policies? Check here first.*

## ASSIGNMENTS & GRADING 3

*Guidelines and advice for making the most of the assignments, and instructions for submitting your work.*

## ASSIGNMENT CALENDAR 4-5

*Keep up to date and never be late*

## STUDENT LEARNING OUTCOMES 5

*These are what you should know or be able to do by the end of this course*

## F.A.Q's You've got questions, I've got answers! 6

## YOUR GRADE REPORTS 7

*Here's how to read them*

## THE DREAM BLOG GUIDE 8

*Got a dream? What's it mean?*

## THE WEEKLY SLEEP JOURNAL 11

*Here's why you need the JawUp*

## RESOURCES AND POLICIES

**Got a question? Need help? Want clarification on course policies? Check here first.**

### What 4 materials do I need?

#### ① The Jawbone activity tracker



<https://jawbone.com/up> . UP is a system that takes a holistic approach to a healthy lifestyle. The UP wristbands track your movement and sleep in the background. The app displays your data, lets you add things like meals and mood, and delivers insights that keep you moving forward.

② **Power Sleep (2001).** A book by Dr. James B. Maas. Quill Publishing. ISBN: 0-06-097760-4

③ **Freud for Beginners (2003).** Freud for Beginners (a non-fiction graphic novel) by Richard Appignanesi & Oscar Zarate. *Its evokative!*

#### ④ A Google Mail "GMAIL" account

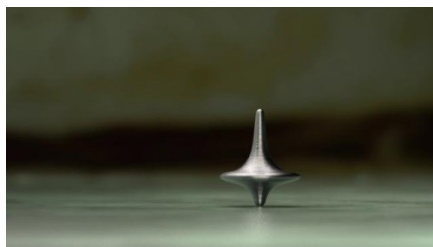
(see <https://accounts.google.com>).

### What can you expect from class?

Each class will begin with an outline that you can use to structure your notes. I begin by describing what my main learning goals are and why I think the day's material is important for you. Class sessions will consist of a balance of factual knowledge, conceptual knowledge and the application of the day's main concepts. Then we will break into our dream teams and discuss the most recent dream blogs (see... <http://nicholsdreams.blogspot.com/>).

### Classroom conduct...

Because all students and faculty at Nichols College are entitled to a positive and constructive teaching and learning environment, Nichols College students are prohibited from engaging in behavior or activity that causes the disruption of teaching, learning, research or other academic activities necessary for the fulfillment of the college mission.



### Participation...

I want you to succeed my course. Please come to class with questions, insights and be prepared to discuss the relevance and application of course materials.

I have found that students who do well in my class...

- ✓ Read the assigned material before class.
- ✓ Bring thoughtful questions for discussion.
- ✓ Prepare for the exams in study groups.
- ✓ Take notes during class discussions and while completing reading assignments.
- ✓ Expect to dedicate 6 hours per week to homework and studying for this 15-week course.

### Attendance...

Attendance is especially important in a course like this one where the textbook only covers half the material. I believe that success begins with commitment, and a minimal evidence of commitment is attendance. If you miss more than 4 classes, you must schedule an individual meeting with me to maintain good standing in this course. However, I do realize that absences due to illness, injury, personal problems etc., occur. Roll is taken each class.

**Types of excused absences:** There are three types of excused absences:

- Illness with proper documentation (doctor, hospital, nurse).
- A religious holiday
- A Nichols Sponsored event with prior notification. (Your sponsor will send out an email notifying Faculty of your trip)

### Extended medical absences ...

Extended absences are excused absences that result in cumulative or consecutive student absences of *three weeks or longer during a semester*. For example, extended absences can include, but are not limited to, health or injuries, court appearances, or death of an immediate family member. Students who require an extended absence must complete a *Request for Special Academic Adjustments Form* and submit it along with supporting documents to the Assistant Dean for Learning Services.

### SEE COMPLETE POLICY:

[HTTPS://MY.NICHOLS.EDU/ADMINISTRATION/POLICIES/DOCUMENTS/ABSENCE%20POLICY%20FINAL.PDF](https://my.nichols.edu/administration/policies/documents/absence%20policy%20final.pdf)

### Late submissions...

Late assignments do **not** earn credit. Assignments turned in after they are due earn no points. If you are going to be late or miss class, turn the assignment in early or have someone else turn it in for you.

### Academic integrity...

Plagiarism or other forms of academic dishonesty will result in full disciplinary action as outlined in the Nichols Academic Honesty Policy (see student handbook). Furthermore, documentation of the incident will be placed on file with the Vice President for Academic Affairs.

### Use of technology ...

Please use any technology that helps you learn, *but* use it responsibly. Try to focus and avoid distractions. I've sat next to people who check e-mail, talk to friends, tweet, search the Internet, or play games. Unfortunately, every person sitting around them is distracted by this behavior. Basically, please respect those around you and use technology for learning.

### How to submit the online assignments...

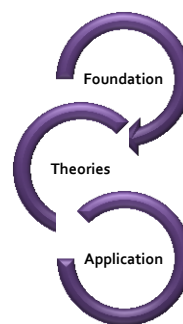
First go to the course website (see page 1). To navigate there are "tabs" at the top of the page select the one you want. The articles are attached to the bottom of the appropriate pages read them and complete the questions on the form. Second, When you have completed each question (don't worry you will be reminded if you leave one blank). Click on the "submit" button. You will then receive a message that lets you know that it was received (i.e., "Thank you for your response"). *\*Tip: Type your responses into a document then copy and paste them into each form question. That way if you lose your connection to the page, you won't lose your work. ☺*

### Changes to this syllabus...

This syllabus may change if needed. Be assured that I will communicate to you any changes to our schedule, syllabus or policies quickly and efficiently through the course website and via email.

### My teaching perspective:

When thinking of my students, I wonder if they will answer the question "Were you taught the skills you needed to survive in a world of radical change?" with a resounding "yes," or will they respond "I was taught the wisdom of the past, while ignoring the problems of the future." My students learn via foundations, then concepts and finally applications.



## Assignments & grading

*Guidelines and advice for making the most of the assignments, and instructions for submitting your work*

### How am I graded in this course?

Your grade is based on the number of points earned during the semester. The maximum number of points possible is 1000 points. You will be kept in-formed of your grade status frequently via your Nichols College Email account.

## Assignment descriptions:

### Student survey:

(8 points= 1% see course website):

What specific changes / goals do you wish to achieve by the end of this course? What is your Google email and display name?

### Baseline Sleep diagnostic test analysis: (15 points = 1.5%)

After completing the baseline test measures distributed during the first class and returned on the third class. You will score your four tests and write an analysis of your current sleeping patterns

### Examinations:

(3 @ 115 points each 345 points= 35%, review sheets are available)


**Examination I** measures your ability to apply dream interpretation theories (FORMAT: open book/notes), **Examination II** measures your knowledge of sleep architecture (FORMAT: traditional multiple choice and matching) and **Examination III** measures your ability to identify different sleep disorders (FORMAT: identification, short answer online take home). \*Review sheets and review sessions are offered. There is no final exam; rather your final draft is the sleep analysis paper. This is due when the final would have been scheduled.

### Sleep Journals:

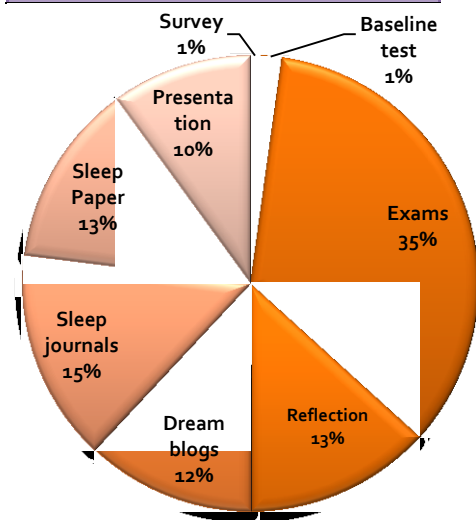
(10 @15 pts. each = 150 15%) In order to track the progress of your improving sleep patterns, please complete these sleep logs they are due every seven days. These are from the National Sleep Foundation and will be returned to you the following class. You will need these to complete your sleep analysis paper. Due every Tuesday

### Dream Blogs:

(10 @12 pts. each = 120 12%) Each week please post at least one dream specimen and respond to the dreams of your classmates. \*Due before Thursday's class.



ASSIGNMENT VALUES	
Survey.....	8
Baseline diagnostic test.....	15
Examinations.....	345
Reflection papers.....	132
Dream Blogs.....	120
Sleep Journals.....	150
Presentation.....	100
<u>Sleep analysis paper.....</u>	<u>130</u>
TOTAL POINTS: 1000	



## Grading scale:

Your grade is based on the percentage of points earned during this course.

A = 1000-930	A- = 929-900	
B+ = 899-878	B = 877-830	
B- = 829-800	C+ = 799-778	
C = 777-730	C- = 729-700	
D+ = 699-678	D = 677-630	
D- = 629-600	F = 599-0	

### Reflection papers:

(6 @ 22 points each, 132 points=13% see course website): **\*Note your lowest score is dropped.**

Extended readings distributed via the course website. Seven forms are posted on the course website. Please read them and answer the questions presented in the online forms for each article or video.

- Article: Barrett, D. (Nov./Dec. 2011). **Answers in your dreams.** Scientific American Mind, 27-35.
- Video: **What are dreams?** (2009). NOVA, Vol. 4
- Article: Solms, M. (April/May 2006). **Freud at 150 – His influence today.** Scientific American Mind. 28-17(2), 49.
- Video: Kurosawa, A. (1990). **Dreams** (A collection of tales based upon the actual dreams of director Akira Kurosawa).
- Article: Stickgold, R., & Ellenbogen, J. M. (August / September 2008). **Quiet! Sleeping brain at work.** Scientific American Mind, 19(4), 23-29.
- Video: **Fatal Insomnia.** (2010). National Geographic Channel: Explorer, Vol. 2.
- Article: Siclari, F., Tononi, G. and Bassetti, C. (July/August, 2012). **Death by sleep walker.** Scientific American Mind, 38-41.

### Sleep analysis paper: (130 pts. = 13%)

- First draft = 100 points
- Final draft = 30 points

In keeping with the goal of learning the application of knowledge, this term project measures your ability to apply & integrate your sleep knowledge to "real world" situations. This paper is an analysis of your sleep logs and dream blogs. The exact format and grading rubric is in this syllabus. \*This project can serve as an excellent piece in your portfolio!

### Campus Sleep Awareness team project presentations: (100 points)

Teams will design conduct and present the outcome of their National Sleep Awareness Week projects. Judges, peers, will evaluate these presentations & the instructor according to the criteria described. Good projects will accomplish some of the following goals...

- Raise campus awareness of the importance of adequate sleep to health and safety.
- Raise campus awareness of the signs and symptoms of sleep disorders.
- Focus attention on sleep-related issues such as drowsy driving and school start times



# COURSE CALENDAR:

Month	Date	Readings	What's Due?
January	21 ☐	<b>PART I: How to achieve peak performance!</b> Course introduction, goals & assessment; "What's your sleep IQ"?   Chapter 1: Learning about the power of sleep Chapter 2: Sleep diagnostic tests	Start your sleep logs tonight, get your JawUp running! Start your dream journals in the morning! (Power Sleep - Maas text)
	23 ☐	Ch. 4: Sleep need and peak performance.  Ch. 5: The golden rules of sleep   Ch. 6. Twenty great sleep strategies.  Ch. 7: How to create a great bedroom environment.   Ch. 8: Sleeping pills and over-the-counter remedies.	(Ch. 4-8) Power Sleep - Maas text) • Surveys due (course website)
	28 ☐	<b>Part II: Dreams – The royal road to the unconscious?</b> • Video: "What are dreams?" See reflection paper 2 due next class (Website)	• Sleep diagnostic baseline test analysis due ✍ REFLECTION PAPER 1 due Article: "Answers in your dreams." *See course website
	30 ☐	<b>Historical review of dreams and the search for meaning.</b> What is dreaming? How have dreams been studied? Dream learning & memory, dream consciousness & lucid dreaming; creating dream maps.	Work on team project ideas 📖 Dream Blog week 1 due ✍ REFLECTION PAPER 2 due Video: "What are dreams?" *See course website
February	4 ☐	<b>Why do we dream?</b> Perspectives: Psychoanalytic, Cognitive, evolution, activation-synthesis; learning	↔ Sleep journal (Week 1) Freud for beginners text – pp 1-75
	6 ☐	<b>FREUD:</b> Dream interpretation: Psychoanalytic explanations: Freud: The case of Anna "O"; the interpretation of dreams;	Freud for beginners text (pp 76-173). 📖 Dream Blog week 2 due
	11 ☐	Freud at 150 – His influence today. Tracing Freud's influence in terms of biology, psychoanalysis and psychotherapy. • Jung's ideas (archetypal universal consciousness)	↔ Sleep journal (Week 2) ✍ REFLECTION PAPER 3: Freud at 150 – His influence today. Website
	13 ➡	Snow day	
	18 ☐	✳ <b>Examination I: Dream theories, explanations &amp; psychoanalysis.</b> (Format: open book)	↔ Sleep journal (Week 3) 📖 Dream Blog week 3 due
	20 ☐	Video & discussion: Kurosawa's "Dreams" (part I)	📖 Dream Blog week 4 due
	25 ☐	Video & discussion: Kurosawa's "Dreams" (part II)	↔ Sleep journal (Week 4) (Maas – ch. 3)
March	27 ☐	<b>PART III: The Architecture of sleep:</b> Chapter 3: The architecture & functions of sleep.	📖 Dream Blog week 5 due ✍ REFLECTION PAPER 4 VIDEO: Analysis of Kurosawa's "Dreams"
	4 ☐	Chapter 3: The architecture & functions of sleep. Memory consolidation and the hippocampus; the role of neurotransmitters in memory and well-being.	✍ REFLECTION PAPER 5: Article: "Quiet, sleeping brain at work" ↔ Sleep journal (Week 5) (Maas – ch. 9, 10 & 11)
	6 ☐	<b>Part IV: Circadian rhythms:</b> "Rhythms about the day"   Chapter 9: The nod to midday naps. - Chapter 11: Reducing travel fatigue.   Chapter 10: Surviving as a shift worker.	📖 Dream Blog week 6 due
	11 ➡	Circadian rhythms continued... Calculating your circadian rhythms... What's <b>your</b> "best" time of day? *Exam II review sheet distributed.	↔ Sleep journal (Week 6) *Team Sleep Awareness Week project descriptions due. (Maas - text ch. 13)
	13 ☐	✳ <b>Examination II: The architecture of sleep.</b> (Format: Traditional)	📖 Dream Blog week 7 due
	18-20	Spring vacation, no class	

April	25	<input type="checkbox"/> <b>Part V: Sleep disorders:</b> Effects of sleep deprivation; Chapter 13: Insomnia & Beyond. –Sleep disorders: Sleep and chemicals. (Ambien, caffeine etc.).	↔ Sleep journal (Week 7 & 8)
	27	<input type="checkbox"/> Sleep disorders... Narcolepsy; Sleep apnea Restless leg syndrome; Periodic limb Movement disorder	📅 Dream Blog week 8 due
	1	<input type="checkbox"/> Sleep disorders... Sleep disorders... Insomnias; Hypersomnia; Delayed or advanced sleep phase syndrome Video: Fatal Familial Insomnia	↔ Sleep journal (Week 9)
	3	<input type="checkbox"/> Sleep disorders continued...Sleep walking, Poly- somnograms	✍ REFLECTION PAPER 6: Video: Fa- tal Familial Insomnia 📅 Dream Blog week 9 due
	8	<input type="checkbox"/> Scheduled Team Conferences (Review Sleep Awareness Project Progress)	↔ Sleep journal (Week 10)
	10	<input type="checkbox"/> Sleep disorders continued...Kleine Levin Syndrome, Sleep eat- ing	📅 Dream Blog week 10 due ✍ REFLECTION PAPER 7: Reading: "Death by Sleep Walker"
	15	<input type="checkbox"/> *Review sheet for examination III distributed. Sleep analysis paper grading rubric distributed.	
	17	🔄 <input type="checkbox"/> Examination III: Identifying sleep disorders. (Format: Take home online)	Due by 1:30 on 4/17/14 Available online from 4/15/14-4/17/14
	22	<input type="checkbox"/> Sleep Awareness Week - Collect data and prepare for presentations	
	24	<input type="checkbox"/> Sleep Awareness Week - Collect data and prepare for presentations	1 <sup>st</sup> draft of Sleep & Dream analysis pa- pers due by 1:30.
May	29	<input type="checkbox"/> Sleep Awareness week presentations:	Presentations by Teams
	1	<input type="checkbox"/> Sleep Awareness week presentations: Course assessment activity, review sleep goal accomplish- ments.	Presentations by Teams Return 1 <sup>st</sup> draft of your sleep papers
	6	<input type="checkbox"/> Sleep Awareness week presentations: Final draft of papers due by noon	Final Draft of papers due (Please email me an electronic version, a soft copy)

*\*NOTE: This syllabus may change, if a class is cancelled, assignments (e.g., exams, pre-lecture organizers, readings) will be due the next class.*

## The expected learning outcomes for this course and how they are measured...

Course learning outcomes	Assessments	Nichols College Outcomes	Psychology Program Outcomes
1) Demonstrate the ability to apply knowledge of sleep theories and the biological foundations of sleep to dreaming, shift work and circadian rhythms.	Examinations I & II	1, 2	1, 3
2) Demonstrate the ability to work in groups to achieve common goals, and recognize the unique contributions that each individual makes to the whole group.	Sleep Awareness Week Team Presentations	1, 5	4,7
3) Demonstrate analytical reasoning skills to diagnose disorders of sleep.	Exam III: sleep disorder diagnoses	2	1, 3, 4
4) Demonstrate the ability to identify, analyze and apply theories of sleep and dreaming to your personal experiences using quantitative and qualitative methods.	Sleep journals and dream blogs, Sleep term paper	2	3, 4, 9

# FAQ's...

**YOU'VE GOT QUESTIONS...I'VE GOT ANSWERS!**

## Policies, Resources, and Advice

*What happens if classes are cancelled or delayed?*

If class is cancelled and an assignment was due, the assignment (i.e., exams, online work) will be due the next class. If there is an abbreviated schedule on a bad weather day, all classes meet for a 50-minute class period. *When in doubt, email me.* (tcdavis@nichols.edu)

*What if I need learning accommodations & support services?*

In accordance with federal law, it is the College's policy to provide reasonable accommodations to meet the needs of students with documented disabilities. Examples of accommodations which have customarily been requested and permitted may include exam accommodations such as extended time or modified formats, assistive technology, readers, note takers, and the use of tape recorders. Students with documented learning differences and/or physical limitations, who are in need of accommodations, should contact the Assistant Dean for Learning Services at 508-213-2293.

*What is the course policy regarding plagiarism and academic honesty?*

On papers, exams, and quizzes, doing your own work is absolutely essential. You must demonstrate academic integrity in taking the exams. Each student should complete the online assignments individually; not in groups. Plagiarized work or exam cheating is an automatic zero on the assignment & may cause you to fail the course. I take such violations very seriously, so please familiarize yourself with and follow the Nichols College policy on Academic Honesty in the Student Handbook. Furthermore, documentation of the incident is placed on file with the Vice President for Academic Affairs.

*What should I do if I am feeling lost or overwhelmed in this class?*

Two things may help...first, speak up in class because you may not be the only person with the same concern, and we all benefit from answering questions together. Second, make an appointment with me. You are welcome to meet with me either during my office hours, or better yet: just drop in. Many questions and issues can be easily resolved this way. My office is wheelchair accessible. If you cannot make these hours, please see me before or after class or e-mail me (tcdavis@nichols.edu) so we can make an appointment to meet at another time.

**\*TIP: Please do not think of office hours as a time to address only problems with the course. You can use them to clarify ideas, to get additional readings or materials, to go over work in progress or even to discuss careers in this field. You don't have to be having a problem to use office hours, and it is best not to wait until you are having serious difficulties.**

*What other campus resources might help me succeed in this class?*

The Academic Resource Center at Nichols College is designed to assist and challenge students in developing skills necessary for successful, independent learning. The ARC is a resource to support all Nichols College day students as they become more confident, independent learners. The ARC offers appointment-based sessions in many courses offered by the college. These sessions are 50 minutes long and should be scheduled ahead of time. You can make an appointment up to two weeks in advance. You may call 508-213-2200 (ext. 2200) or stop by the ARC to schedule a session.

*How will I find out my course grade?*

I will email a grade summary to your Nichols College email account after each assignment. These reports are an easy way to track of your course progress, so please make sure that you have a working Nichols College email account. (\*see page 7 for a sample grade report)

*How can I ensure my reputation as a good student?*

First, please show up early to copy the lecture goals into your notes and hear any announcements. Then ask lots of questions, (I mean it) after all, it's your class! Remember that if you don't understand something or want more information...just ask! Second, please put away your cell phones remove any ear buds or headphones and do not text during class. Basically, remember that you and your classmates are here to learn, so try to avoid any disruptive behaviors that interfere with learning. Class always starts on time and rarely ends early, so please don't stow your gear early.

*I really like or (don't like) something, how do I let you know?*

I welcome your continuous feedback to improve this course. Besides the usual ways stopping by my office and email, I solicit your opinion at mid-semester via a survey. After every online assignment there is an opportunity to rate the assignment and provide your feedback.

*Are there career opportunities in behavioral sleep medicine?*

Sleep medicine is a unique specialty, combining the work of many health professionals, from pulmonologists with expertise in sleep apnea to neurologists, psychiatrists and psychologists. And it's not uncommon for these specialists to work together in the same clinic. Over the last 20 years, the field has grown so fast that the demand for trained sleep psychologists far exceeds the supply. For students interested in behavioral sleep medicine, applying to graduate schools with an AASM-accredited sleep program or with a faculty member with expertise in sleep and finding a sleep-related internship site. SOURCE: <http://www.apa.org/monitor/octo1/sleeppractice.aspx>

*Is there a number to send and receive text reminders?*

Remind101 is a one-way text messaging and email system. With Remind101, all personal information remains completely confidential. Professors will never see your phone number, nor will you ever see theirs.

**TEXT:** To receive reminders dial **(203) 502-7916**, text this message **@sleepps**

\*You can opt-out of reminders at any time by replying, 'unsubscribe @sleepps.'

**EMAIL:** To receive reminders via email, send an email to

**sleepps@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.

*What is "Remind 101" and why is it safe?*

# Appendix A: How to read your grade summary report...

After each assignment a grade report is sent to your Nichols email account.

**Name:** I.M. Sleepy | **Grade:** B+ | **Total Points:** 881/1000 | **Class Rank:** 12

**E-mail 1:** IMSleepy@Nichols.edu

Survey (online) (8) 7

Baseline Sleep Diagnostic (15)

**SLEEP JOURNALS... (150) 1**

Sleep Journal week 1: (15) 1

Sleep Journal week 2: (15) 15

Sleep Journal week 3: (15) 15

Sleep Journal week 4: (15) L

Sleep Journal week 5: (15) 12

Sleep Journal week 6: (15) 15

Sleep Journal week 7: (15) 11

Sleep Journal week 8: (15) 15

Sleep Journal week 9: (15) 12

Sleep Journal week 10: (15) 12

**REFLECTION PAPERS... (154) 117/132B+**

Paper 1: Answers in dreams (22) 22 A

Paper 2: Dreams video (22) 21 A

Paper 2: Freud at 150 (22) 18 B-

Paper 3: Kurosawa Video (22) 19 B

Paper 4: Quiet, brains working (22) 20 A-

Paper 6: FFI Video (22) 17 C+

Paper 7: Sleep Walk Kill (22) d

**DREAM BLOGS... (120) 105**

Dream 1: (12) 12

Dream 2: (12) 12

Dream 3: (12) 11

Dream 4: (12) 10

Dream 5: (12) 10

Dream 6: (12) 10

Dream 7: (12) 12

Dream 8: (12) 11

Dream 9: (12) 10

Dream 10: (12) 11

**EXAMINATIONS... (345) 323/345 A**

Exam I: Freudian Concepts (115) 100 B+

Exam II: Sleep Architecture (115) 112 A

Exam III: Sleep Disorders (115) 111 A

**SLEEP ANALYSIS PAPER... (130) 105/130B-**

Paper first draft: (100) 80 B-

Paper final draft: (30) 25 B-

**PRESENTATION: (100) 83/100B-**

Content... (25) 21 B

Organization... (25) 21 B

Delivery... (25) 20 B-

Format... (25) 21 B

**Attendance Codes Totals Dates**

Excused 1 1/21/2014

Late for class 1 1/23/2014

Texting during class 1 1/28/2014

Unprepared

Absent from cl:

Nichols College

Job interview

**Comments:**

Examination II summary: Class exam average was 88%, lowest=68%, highest=94%, your score was 112

Grade reports are sent to your Nichols College Email address.

Assignments are marked "L" (late) if they are submitted after the start of class. Late assignments do not earn credit.

\*TIP: Please review your grade report frequently. You may request a grade re-report anytime!

Your lowest reflection paper grade is dropped & marked "d" (dropped)

Each assignment contains the following information:

The name of the assignment | (possible points) | your score | your grade | Date

Attendance and additional information is recorded each class. If you miss more than four classes you must meet with me to review your status in this course.

I will include comments here if something needs your attention or provides more information to interpret your scores.

## Appendix B: A guide to posting your dreams



**PURPOSE:** Dream journals improve dream recall, reveal patterns, and offer keys to the mysteries of the subconscious. So what are you waiting for? Let's get started!

**DESCRIPTION:** You will maintain a current dream journal and post the manifest content of "at least" one dream per week at <http://nicholsdreams.blogspot.com/>

**VALUE:** (120 points -12X10 weeks): Please post one dream per week and maintain your dream journal to complete the dream analysis paper.

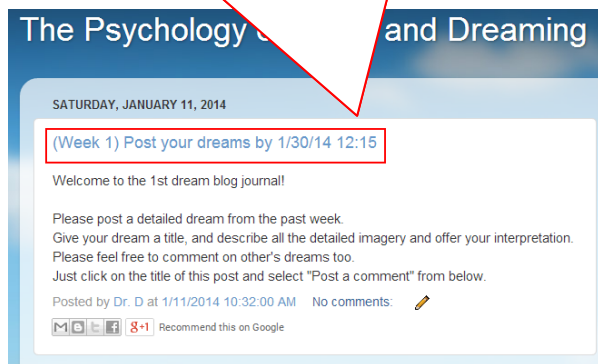
**DUE:** To earn 12 points, please post at least one dream every Thursday by 12:15 (the start of class). \*Late entries don't earn credit.

**BACKGROUND:** Dream journals are known to improve dream recall, in both number and quality. They reveal repetitive patterns, symbols and themes, provide a record of your insights and inspirations, and offer a key to the buried mysteries of the subconscious.

### How do I post a dream or comment on the dream blog?

**Step 1:** go to... <http://nicholscollegedreams.blogspot.com/>

**Step 2:** \*To post your dreams, click on the title of the post.

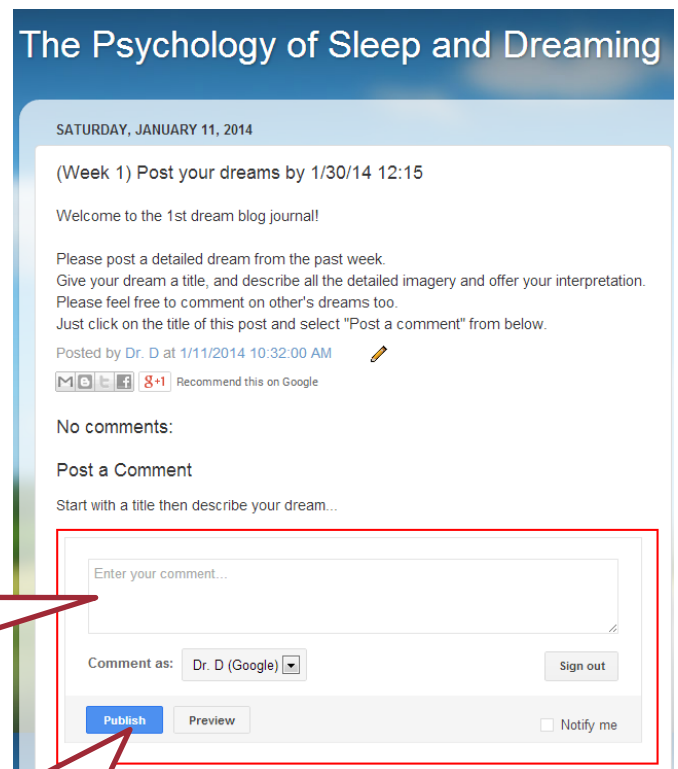


**Step three:** After you click the title, you will be able to post your comment / dream. Sign in using a Google gmail account (<http://www.google.com/>) to publish your dream.

#### Enter your dream here.

Start with a title, then add detailed imagery and your interpretation (see my example on the site)

Sign with a **display name** that only you and your instructor will know. This is the name you will use to sign your blog posts with.



Before you can publish your dreams, you must sign in with your "Google Account." The first time, this action takes you to the next screen (above)



## Appendix C: A GUIDE TO KEEPING A DREAM JOURNAL ...

### ① STEP ONE:

#### - Prepare Your Journal -

Setting up a dream diary does not take a lot of fuss. Your journal should be inviting, but not intimidating, so avoid the fancy blank books available through the bookstores. Instead, opt for a simple and inexpensive 3-ring binder from the corner drug store. The binder's flexibility will let you add or remove pages where needed, and allows you to add records written in a word processing program. Fill your binder with a generous amount of ruled paper, and tie a pen to one of the binder-rings with a length of yarn so it will be handy when you need it. You might even consider fastening a small penlight to the binder in the same way, to keep from disturbing bed partners when making midnight notes.

### ② STEP TWO:

#### - Create a Title Page -

Once the supplies are in order, create a title page with a positive affirmation about dreaming. You may want to use a famous quote about dreams, create your own, or use one of the following suggestions:

*"Sleep and dream, wake and remember!"*

*"Tonight I dream, and I remember my dreams!"*

### ③ STEP THREE: Now, just add your name and date to the title page, and you're ready to go!

#### - Write Every Day -

As soon as possible after awakening, open your dream journal and start to write. You may or may not remember the dreams of the night before, but it is important to be in the habit of writing something, even if all you write is that you do not remember any dreams from the night before. Jump-start your memory with a trigger phrase like *"Last night I dreamed...."* If you do this early enough upon waking up, you will usually find you remember at least a fragment, and even the slightest fragments can become meaningful when a record is kept of them. Patterns develop over time, symbols are repeated and contexts become clearer. Very often, in the process of recording a fragment, you'll remember more and more of the dreams as you write. The important thing is to record whatever you do remember of your dreams as soon as possible.

#### - Write from within the dream -

Your dreams should be recorded in first person, present tense - in other words, write as though you are experiencing the dream right now, from your own perspective. So instead of "The woman walked down the hall", you would write, "I see the woman walking down the hall." This method will put you back into the dream, and you will find you remember more as you go along. Other than using that one trick, do not fuss over your writing; do not worry about grammar, spelling, or punctuation or word choices you are not trying to write great literature, you are trying to record a memory before it fades. Over time, you will probably find that some of the 'mistakes' are revealing. Misspellings can reveal puns, and often dream items suffer from meaningful mistaken identities. For example, a tiger might be called a "lion", in a dream about "lies".

#### - Use All Your Senses -

As you write, be sure and take note of all of your senses, including your emotions. Especially important is anything that seems unusual or out of place. Imagine yourself back in the dream scenario. Does the dream smell a certain way? Does it feel especially hot or cold? Do you have a strong or changing emotional reaction in the dream? Be sure and record these impressions.

#### - Keep Track of Life Events -

The meanings of some dreams are obvious, and can be recorded right away, but understanding most dreams takes a little more time. After you have recorded your dream, date it, and then make a few quick notes on possible relevance to your waking life. These do not need to be complicated or particularly well thought out, they just need to be enough to jog your memory when you review the dream later on. It also helps to provide a little context by making notes on important events in your life as they happen, right in your dream journal. Are you starting a new job, fighting with your roommate, having concerns about your health? Keep track of these sorts of daily events in an abbreviated form, and over time, a pattern will start to emerge.

### - Record Your Interpretations -

Whenever a dream's meaning becomes apparent to you, add it to your journal. You may be able to interpret some dreams that same morning, while others may take days, weeks, or even months to become clear. Be sure to date the interpretation, as well as the original dream; later on, you may want to know how long it took between the two. Make a notation of the date of any similar dreams you have had, as well, so they can be cross-referenced.

### - Create a Glossary -

Use a highlight marker on any important or repetitive symbols in the dreams. You may want to collect these symbols in a sort of glossary at the back of your notebook. To create a glossary, just write down the symbol on a page, followed by the meaning you think it has, and the dates of any dreams it has occurred in. Add to it as you go along, but do not be tempted to copy and paste it with definitions from dream dictionaries. Your goal is to create a record of your personal meanings, and it will grow steadily over time.

### - Review Your Dream Logs often -

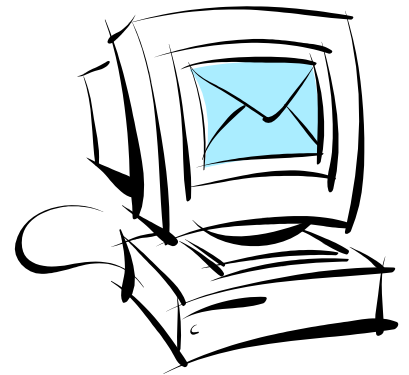
Make it a habit to review your dream diary regularly. Patterns can emerge over long periods, revealing hidden meanings and connectionism and the longer you keep working with your diary, the more insight you will gain. Pay special attention to repetitive dream situations, symbols and scenarios. The same symbol may appear in different situations, or the same sort of situation may be created in different scenes and symbols; these repeated themes are often meaningful. You may also discover dreams that foreshadow current events, themes, or relationships in your life. Perhaps more importantly, you may discover how just many dreams seem to be premonitions, but aren't - the events never happen, and the fears so many people feel after dreams of misfortune are revealed as groundless. Keeping a diary can reveal all of this, and more.

### - In Summary -

Keep track of your dreams, and record the context in which you dream them. Make notes on what your dreams might mean, and review your dream journal often. As a result, you will find yourself gaining new insights into your mind and life, and you will have a record of self-discovery to look back on in times to come.

#### ④ Step four:

- Submit **one** (or more) of your dreams from your dream journals to the course blog  
<http://nicholsdreams.blogspot.com/>
- By **12:15 Thursday** for ten consecutive weeks.
- Each dream is worth 12 points.
- Please post comments on each other's dreams.
- Do not forget to use your unique screen name via your Google account to receive credit. ❖

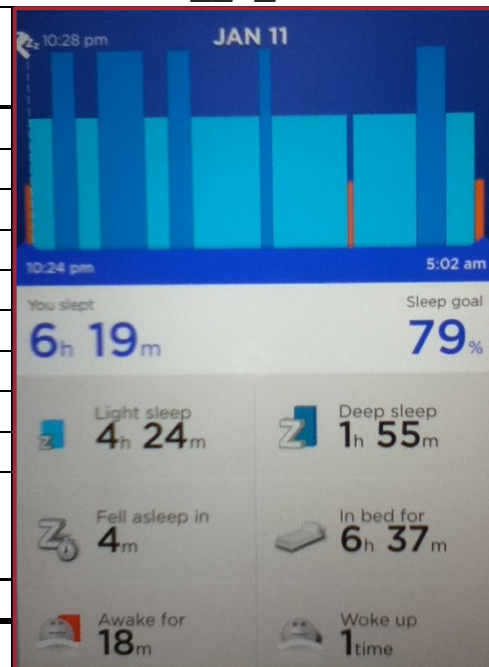


## Appendix D: Sample Sleep Journal (Due every Tuesday)

WEEK #: 1 of 10

[     /15 points]

NATIONAL SLEEP FOUNDATION SLEEP JOURNAL		Day: Tues Date: 1/11/14
COMPLETE IN THE MORNING	① What time did you turn your lights out?	10:24 p.m.
	② What time did you get out of bed this morning?	5:02 a.m.
	③ How many TOTAL hours did you sleep?	6:19
	④ How many hours of LIGHT sleep?	4:24
	⑤ How long did it take to fall asleep?	4 min.
	⑥ How long were you awake for?	18 min
	⑦ How many hours of DEEP sleep?	1:55
	⑧ How many hours were you in bed for?	6:37
	⑨ How many times did you wake up during the night?	1
	⑩ Last night, my sleep was disturbed by... (List any mental, emotional, physical or environmental factors that affected your sleep; e.g. stress, snoring, physical discomfort, temperature)	Room was too hot
11. Rate the quality of your sleep last night (1= terrible - 5= great)	2	
COMPLETE AT THE END OF THE DAY	12. Was your bedroom quiet, dark & cool?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	13. Today I consumed caffeinated drinks in the ... (e.g. coffee, tea, cola)	<input checked="" type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours b/4 bed <input type="checkbox"/> N/A
	14. Today I moved how many steps?	6281
	15. Today I covered how many miles?	2.89
	16. My active time was...	1 hour
	17. Today, approximately 2-3 hours before going to bed, I consumed...	<input type="checkbox"/> Alcohol <input checked="" type="checkbox"/> A heavy meal <input type="checkbox"/> N/A
	18. About 1 hour before going to sleep, I did the following activity: (List activity; e.g. watch TV, work, read)	Studied for 2 <sup>nd</sup> exam in bed; watched CSI
19. EPWORTH SLEEPINESS SCALE: How alert & energetic did you feel today? <small>*Please use the back of this sheet ⇒</small>		



This is the JawUp SLEEP output display from your device.

\*Notice where each piece of information is found.



This is the JawUp ACTIVITY output display from your device.

\*Notice where each piece of information is found.

### • 20. How are you doing? (Complete once every Tuesday)

You should be getting close to 8 hours of sleep each night. - Your sleep & wake times should not change between weekends and weekdays - Your sleep should be continuous, not fragmented - Your sleep should be restful. - The answers to all the yes-or-no questions should be "yes".

## EPWORTH SLEEPINESS SCALE

### (Complete at the end of each day)

INSTRUCTIONS: In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? (Even if you have not done some of these things recently, try to work out how they would have affected you today.) Use the following scale to choose the most appropriate number for each situation.

**0 = Would never doze**  
**1 = Slight chance of dozing**  
**2 = Moderate chance of dozing**  
**3 = High chance of dozing**

<b>INSTRUCTIONS:</b> Please rate each of the following questions using this scale... 0 = Would never doze; 1 = Slight chance of dozing; 2 = Moderate chance of dozing; 3 = High chance of dozing	<u>Date</u> <u>Tuesday</u>	<u>Date</u> <u>Wed.</u>	<u>Date</u> <u>Thurs</u>	<u>Date</u> <u>Fri</u>	<u>Date</u> <u>Sat</u>	<u>Date</u> <u>Sun</u>	<u>Date</u> <u>Mon</u>
<b>1. Sitting &amp; Reading.</b>							
<b>2. Watching TV.</b>							
<b>3. Sitting inactive in a public place (i.e. theatre).</b>							
<b>4. As a car passenger for an hour without a break.</b>							
<b>5. Lying down to rest in the afternoon.</b>							
<b>6. Sitting &amp; talking to someone.</b>							
<b>7. Sitting quietly after lunch without alcohol.</b>							
<b>8. In a car, while stopping for a few minutes in traffic.</b>							
<b>Total Score</b> (copy each day to question 19 on opposite page).							

\*A score of greater than 10 is a definite cause for **Situation Chance of Dozing**