

## COURSE DETAIL

### CLOCKS, SLEEP & THE RHYTHMS OF LIFE

**Country**

United Kingdom - England

**Host Institution**

University of Manchester

**Program(s)**

University of Manchester

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Biological Sciences

**UCEAP Course Number**

166

**UCEAP Course Suffix****UCEAP Official Title**

CLOCKS, SLEEP & THE RHYTHMS OF LIFE

**UCEAP Transcript Title**

SLEEP&RHYTHM/LIFE

**UCEAP Quarter Units**

4.00

**UCEAP Semester Units**

2.70

## Course Description

This course introduces students to the study of biological timekeeping by examining how neural mechanisms of circadian rhythms, arousal, metabolism and sleep interact to dictate daily and seasonal variations in behavior and physiology. The course covers a range of topics with a particular focus on the neuronal basis for circadian timing and sleep in mammals, how these are regulated by environmental light, and how the internal clockwork influences the rest of the brain and body in health and disease.

## Language(s) of Instruction

English

## Host Institution Course Number

BIOL31681

## Host Institution Course Title

CLOCKS, SLEEP & THE RHYTHMS OF LIFE

## Host Institution Campus

Manchester

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Biological Sciences

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