COURSE DETAIL

PSYCHOLOGY OF SLEEP
Country United Kingdom - England
Host Institution University of Sussex
Program(s) University of Sussex
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 171
UCEAP Course Suffix
UCEAP Official Title PSYCHOLOGY OF SLEEP
UCEAP Transcript Title PSYCHOLOGY OF SLEEP
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course explores sleep and its impact on wellbeing. It covers topics such as the biological underpinnings of sleep, sleep across the lifespan, sleep and cognition, and sleep disorders among others. The potential implications of lifestyle and sleep habits on sleep and health are also discussed. Various types of animal and human research studies are reviewed in order to enhance understanding of the current research in the area of sleep.

Language(s) of Instruction
English

Host Institution Course Number
C8905

Host Institution Course Title
PSYCHOLOGY OF SLEEP

Host Institution Course Details
https://www.sussex.ac.uk/study/study-abroad-at-sussex/our-programs/semester-and...

Host Institution Campus
Falmer

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2022-2023

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