

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 Campus

Falmer

Host Institution Faculty

Host Institution Degree

Host Institution Department

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