

COURSE DETAIL

SPECIAL TOPICS IN BRAIN AND COGNITIVE SCIENCES: SLEEP

Country

Korea, South

Host Institution

Korea Advanced Institute of Science and Technology (KAIST)

Program(s)

Korea Advanced Institute of Science and Technology, KAIST

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Biological Sciences

UCEAP Course Number

117

UCEAP Course Suffix**UCEAP Official Title**

SPECIAL TOPICS IN BRAIN AND COGNITIVE SCIENCES: SLEEP

UCEAP Transcript Title

TPCS COGSCI SLEEP

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This interdisciplinary course examines the biological, psychological, social, and cultural dimensions of sleep and circadian rhythms. We will investigate the science behind sleep: its functions, regulation, and role in health, cognition, and emotion.

In parallel, the course will explore how sleep has been represented in literature, visual art, music, and film. We will consider how artists and thinkers have interpreted dreams, memory, insomnia, and altered states of consciousness, and how these portrayals reflect and inform our evolving understanding of the sleeping mind.

Topics include What Is Sleep, and Why Does It Matter; The Physiology of Sleep; Circadian Rhythms and Biological Timekeeping; Sleep and the Brain; Dreams: Science and Symbolism; Sleep and Society; Sleep Disorders; Sleep in Art, Music, and Film

There is no prerequisite for this course; however, a basic understanding of neuroscience, biology, and physiology concepts will be beneficial for students.

Language(s) of Instruction

English

Host Institution Course Number

BCS49900

Host Institution Course Title

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Host Institution Course Details

<https://erp.kaist.ac.kr/com/lgin/SsoCtr/initExtPageWork.do?link=estblSubjt>

Host Institution Campus

Host Institution Faculty

Host Institution Degree
Host Institution Department
Course Last Reviewed 2025-2026

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