

# 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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