Nebraska Wesleyan University

PSYCH 180 Psychology of Sleep and Dreaming

Catalog

2013-2014

Course Description

Emphasis is on the psychological and physiological aspects of sleep and dreaming in humans. Topics include comparative studies, developmental changes, physiological and biochemical mechanisms of REM and NREM sleep and arousal, sleep disorders, dream content and dream recall, and functional theories of sleep and dreaming. Some laboratory experience will be required involving electrophysiological methods of sleep recording, and methodologies for analysis of sleep records.

Prerequisite(s): PSYCH 101 Introduction to Psychological Science.

Recommended: BIO 001 Perspectives in Biological Science or BIO 060 General Biology of Animals.

(Normally offered each fall of even-numbered years.)

Course Hours

4 hours

Departments

1. Psychology