

## PSYCH 180 Psychology of Sleep and Dreaming

4 hours

Majors, Minors & Degrees:

**Majors**

Psychology (B.A., B.S.)

**Minors**

Psychology

Departments/Programs:

Psychology

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.*

*Recommended: BIO-001 or BIO-060.*

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