Nebraska Wesleyan University

PSYCH 3800 Psychology of Sleep and Dreaming

Catalog

2026-2027

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.
Prerequisite(s): PSYCH 1010/PSYCH 1010FYW Introduction to Psychological Science.
Recommended: BIO 1400FYW Introduction to Biological Inquiry.
(Normally offered each spring of even-numbered years.)

Course Hours

4 hours

Departments

1. Psychology