CLP 7934 Behavioral Sleep Medicine is a graduate seminar that will review normal and pathological sleep processes and the variety of sleep disorders. While this course will focus on behavioral interventions, medical interventions will also be covered.

Course Objectives: Upon completing this course, you will be able to:

1. Describe normal human sleep, including its characteristics and how it is measured.
2. Discuss how human sleep develops from infancy to old age.
3. Describe the biological rhythms involved in regulating the human sleep/wake cycle.
4. Recognize the signs and symptoms of common sleep disorders, such as insomnia and sleep apnea.
5. Conduct a thorough sleep history interview, and generate a working diagnosis.
6. Describe the typical approaches to treating common sleep disorders (e.g., insomnia, sleep apnea).
7. Discuss practice and clinical research issues relevant to sleep psychologists and physicians.
Required Readings:


Selected readings/articles (see below).

Diagnostic Schemas/References:


---

**REQUIREMENTS (details p. 4)**

Discussion Leadership  
Quizzes  

Total 300 points

**GRADES**

A = 93.0%+  
279+ points

A- = 90.0%-92.9%  
270-278 points

B+ = 87.0%-89.9%  
261-269 points

B = 83.0%-86.9%  
249-260 points

B- = 80.0%-82.9%  
240-248 points

C+ = 77.0%-79.9%  
231-239 points

C = 73.0%-76.9%  
219-230 points

C- = 72.9% and below  
218 points and below

---

**UNIVERSITY POLICIES**

Please review the University's honesty policy regarding cheating and use of copyrighted materials on the University web site. Academic dishonesty (plagiarism, cheating, etc.) will not be tolerated and will be handled according to UF policy.

Students with disabilities or conditions requiring accommodation should contact the Office for Students with Disabilities, 392-1261, ext. 143. Students requesting classroom accommodation must first register with the Dean of Students Office. That office will provide documentation to the Instructor concerning accommodation of student needs.

---

**TIMETABLE (tentative)**

---
Week 1 (8/21): Historical Perspectives

Week 2 (8/28): Normal Sleep and Its Variations; Methodology

PPSM Ch 2 Normal human sleep
PPSM Ch 3 Normal aging
PPSM Ch 141 Monitoring and staging human sleep
PPSM Ch 142 Monitoring techniques for evaluating suspected sleep-disordered breathing
PPSM Ch 143 Evaluating sleepiness

Week 3 (9/4): Impact, Presentation, and Diagnosis (Bring both the ICSD-2 and DSM-5 to class)

PPSM Ch 56 Approach to the patient with disordered sleep
PPSM Ch 57 Cardinal manifestations of sleep disorders
PPSM Ch 59 Use of clinical tools and tests in sleep medicine
PPSM Ch 60 Classification of sleep disorders

Week 4 (9/11): Chronobiology

PPSM Ch 31 Introduction: Master circadian clock and master circadian rhythm
PPSM Ch 35 The human circadian timing system and sleep-wake regulation
PPSM Ch 36 Melatonin and the regulation of sleep and circadian rhythms
PPSM Ch 37 Sleep homeostasis and models of sleep regulation
PPSM Ch 41 Circadian disorders of the sleep-wake cycle


Week 5 (9/18): Chronobiology (cont.) & Occupational Sleep Medicine

PPSM Ch 64 Occupational sleep medicine: Introduction
PPSM Ch 67 Fatigue, performance, errors, and accidents
PPSM Ch 70 Sleep and performance monitoring in the workplace
PPSM Ch 71 Shift work, shift-work disorder, and jet lag

Week 6 (9/25): Insomnia

PPSM Ch 75 Insomnia: Recent developments and future directions
PPSM Ch 76 Insomnia: Epidemiology and risk factors
PPSM Ch 77 Insomnia: Diagnosis, assessment, and outcomes
PPSM Ch 78 Models of insomnia


Week 7 (10/2): Insomnia (cont.)
Week 8 (10/9): Behavioral Sleep Medicine Interventions
Perlis, Aloia, & Kuhn


NIH State-of-the-Science Conference Statement on Manifestations and Management of Chronic Insomnia in Adults (June, 2005).


Week 9 (10/16): Pediatric Sleep Disorders
Mindell & Owens


Week 10 (10/23): Parasomnias
PPSM Ch 94 Non-REM arousal parasomnias
PPSM Ch 95 REM sleep parasomnias
PPSM Ch 96 Other parasomnias
PPSM Ch 98 Disturbed dreaming as a factor in medical conditions
PPSM Ch 99 Sleep bruxism

Week 11 (10/30): Sleep Breathing Disorders
PPSM Ch 100 Central sleep apnea and periodic breathing
PPSM Ch 101 Anatomy and physiology of upper airway obstruction
PPSM Ch 106 Medical therapy for obstructive sleep apnea
PPSM Ch 107 Positive airway pressure treatment for obstructive sleep apnea-hypopnea syndrome

Week 12 (11/6): Neurological Disorders
PPSM Ch 84 Narcolepsy: Pathophysiology and genetic predisposition
PPSM Ch 85 Narcolepsy: Diagnosis and management
PPSM Ch 87 Parkinsonism
PPSM Ch 91 Alzheimer’s disease and other dementias
PPSM Ch 92 Epilepsy, sleep, and sleep disorders

Week 13 (11/13): Medical Disorders
PPSM Ch 117 Sleep-related cardiac risk
Required Readings: To be completed prior to class on the date of assignment.

Discussion Leadership (dates vary by student): You will also be responsible for leading the seminar group in a discussion of the assigned readings three times over the course of the semester. [Total possible discussion leadership points: 50 points/discussion X 3 discussions = 150].

Quizzes: You will be given a brief quiz at the end of each class [Total possible quiz points: 10-11 points/quiz X 14 quizzes = 150 points].