

Psych 133: The Psychology of Sleep

Professor: Matthew Walker mpw@berkeley.edu



Section Syllabus Fall 2020

GSI: Adam Krause

adamkra@berkeley.edu

Section 101 Tuesday 3 – 4 pm
102 Tuesday 4 – 5 pm
103 Tuesday 5 – 6 pm

Office Hours:

Tuesday 11:00-11:30am
Wednesday 4:30-5:00pm

Zoom Meeting: ID: 982 6787 2642

<https://berkeley.zoom.us/j/98267872642?pwd=R2ovZTZrZk5FUlFGYWdhZDRDbmxtZDZ09>

Zoom Passcode: **sleep2020**

GSI: Vyoma Shah

vyoma@berkeley.edu

Section 104 Thursday 3 – 4 pm
105 Thursday 4 – 5 pm
106 Thursday 5 – 6 pm

Office Hours:

Monday 10:30-11:00 am
Monday 4:30-5:00 pm

Zoom Meeting: ID: 910 6757 9993

<https://berkeley.zoom.us/j/91067579993?pwd=cFZEbnhVbnRJUWNwb2xEdlZoWURUZz09>

Zoom Passcode: **sleep2020**

Section Overview: Sections are intended to complement and supplement the lecture material, so there *will* be new material that is fair game for exams.

Weekly Q&A: Your section participation grade will be comprised of your participation in weekly Q&A's on the bCourses Discussions page and your sleep outreach project proposal (see below). A discussion board will be posted for each section weekly on Fridays, and you are required to post a question that you would like to be covered in the following week's sections. These can be topics you are unclear on just curious about. Upvoting will be enabled for all questions posted and the top-voted questions will be covered in sections.

Sleep Outreach Project Proposal: *Due: October 30 at 5pm.* You will be required to submit a project proposal for your sleep outreach project. The purpose of this assignment is to start thinking about your project early, and to get feedback from your GSI. You may propose one or multiple potential projects. If you are working in a group, you should submit one proposal per group and include the names of all group members in the bCourses submission.

Section Policies:

1. Please read all bCourses announcements, as this will be primary means of communication in the course.
2. You are free to attend Zoom office hours of any GSI. Office hours will not be recorded. If you need to have a private meeting with your GSI, please email to set up an appointment.
3. When emailing your GSI, please allow at least 24 hours for a response. This is particularly true right before exams; last minute emails are not guaranteed a response!
4. All are expected to uphold and adhere to the Berkeley Student Code of Conduct to ensure an environment of academic integrity and respect. Please be reminded of the Berkeley honor code: **"As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others."**

Zoom Policies:

1. Sign in to your Berkeley Zoom account (<https://berkeley.zoom.us/>)
2. You will need to use the passcode to join the zoom meeting: **sleep2020**
3. Section meetings will be recorded.
4. Sections will begin 10 minutes after the hour (Berkeley Time), but please arrive on the hour to ensure there are no connection or Zoom function issues.
5. You are not required to have your video on, though encouraged!
6. If your video is on during Zoom meetings, please dress appropriately, and use a quiet place free of distractions (do not attend class via Zoom while driving!).
7. Your microphone should remain muted unless you are answering / asking a question. You may also use the chat function in Zoom.

Accommodations: If you have disability-related accommodations, please email Matt (mpw@berkeley.edu) and Adam (adamkra@berkeley.edu). This Disabled Students Program (DSP) is the campus office responsible for verifying that students have disability-related needs for academic accommodations and for planning appropriate accommodations, in cooperation with the students themselves and their instructors. Students who need academic accommodations should request them from DSP: <http://dsp.berkeley.edu>

(See next page for schedule)

Overview of Section Schedule

KEY	Sleep Basics	Sleep & Cognition	Dreams & Clinical	Exam Review	No Sections
August					
Week 1: Aug 26-28		No Discussion Sections			
September					
Week 2: Aug 31-Sept 4		Sleep Basics 1 (Methods and Stages)			
Week 3: Sept 7-11		Sleep Basics 2 (Circadian Rhythms & Chronotype)			
Week 4: Sept 14-18		Sleep & Cognition (Naps)			
Week 5: Sept 21-25		Midterm 1 Review			
October					
Week 6: Sept.28 – Oct 2		No Discussion Sections – Midterm 1			
Week 7: Oct 5-9		Sleep & Cognition (“Sleeping” Pills and Drugs)			
Week 8: Oct 12-16		Sleep Deprivation 1 (Immune Consequences)			
Week 9: Oct 19-23		Midterm 2 Review			
Week 10: Oct 26-30		No Discussion Sections – Midterm 2 Sleep Outreach Project Proposal – Due Oct 30th 5pm			
November					
Week 11: Nov 2-6		Dreams			
Week 12: Nov 9-13		Research Article Discussion			
Week 13: Nov 16-20		Sleep in the Clinic (Parasomnias)			
Week 14: Nov 23-27		No Discussion Sections – Thanksgiving			
December					
Week 15: Nov 30-Dec 4		Midterm 3 Review			
Week 16: Dec 7-11		No Discussion Sections – RRR Week			
Week 17: Dec 13-18		No Discussion Sections – Final Exams Week			

