Module code	SEL612	Level	6
Module title	Exploring Sleep and Dreaming	Credit value	10
Common/Core/Elective	Elective	ECTS Credits	5
		Notional learning hours	100
Courses on which the module is taught	All	Teaching Period	Autumn/ Spring

1. Module description

This module covers the science, behaviour and philosophy of sleep and dreaming. Sleep is critical for all physical and psychological functions, yet is undervalued in society – people typically do not achieve sufficient sleep. In this module, you will understand and appreciate sleep and its functions, and you will be supported to make lifelong changes with a positive impact on their academic and cognitive performance and physical and mental health.

You will learn about topics including the science of sleep across the lifespan, the philosophy of consciousness and sleep disorders. You will cover how to measure sleep, including using sleep trackers, and the impact of sleep on cognition, academic performance, and mental and physical health.

2. Learning outcomes

Upon successful completion of this module you will be able to:

Discipline Knowledge (MLO 07)

Critique and synthesise theories, concepts and facts on sleep to develop a sleep intervention

Discipline Skills (MLO 08)

Combine and employ a wide range of knowledge, techniques and tools to implement a sleep intervention

Interdisciplinary Perspectives (MLO 09)

Integrate perspectives from different disciplines in the field of sleep research.

3. Learning and teaching methods

Classes for this module use a range of interactive methods, including individual and group work, class discussions and debates, readings and micro-lectures.

You will also participate in innovative practical learning experiences, such as measuring sleep and sleep patterns, exploring your dreams, and designing and implementing a sleep intervention.

Learning hours	
Directed learning	**36 hours**
Workshops/classes	36
Guided/Self-guided learning	**64 hours**
Total	**100**

4. Assessment, formative feedback and relative weightings

Assessment: Portfolio
Weight (%): 100
Word Count or Equivalent: max 3,000

You will design and implement a sleep intervention to improve your own sleep. Your portfolio submission will contain your sleep diaries, details of your intervention, and an interdisciplinary discussion of its design and evaluation linked to the sleep literature and theory.

Each summative assessment will be preceded by an opportunity of formative assessment accompanied by formative feedback

Assessment tasks	MLO7	MLO8	MLO9			
Portfolio	X	x	x			

5. Indicative resources

.Foster, R. (2023). *Life Time: The New Science of the Body Clock, and How It Can Revolutionize Your Sleep and Health.* Penguin Life.

Horne, J. (2013). *Sleeplessness: Assessing Sleep Need in Society Today.* Palgrave MacMillan

Leschziner, G. (2020). *The Secret World of Sleep: Journeys Through the Nocturnal Mind.* Simon & Schuster UK.

Lockley, S.W. & Foster, R. (2012). *Sleep: A Very Short Introduction*. Oxford University Press.

McNamara, P. (2019). *The Neuroscience of Sleep and Dreams*. Cambridge University Press.

Moorcroft, W.H. (2013). *Understanding Sleep and Dreaming* (2nd Ed.). Springer.

Walker, M. (2018). *Why We Sleep: The New Science of Sleep and Dreams.* Penguin.