

Neuroscience 675: Fall 2016
Basic Sleep Mechanisms and Sleep Disorders: from Neurobiology to Sleep Medicine

Welcome to NTP675! We are excited about the semester and hope you enjoy the course. The course instructors and visiting speakers are very dedicated to sleep science and medicine, and are happy to share their knowledge regarding this fascinating area of neuroscience.

Time and Location

Tuesday/Thursday; 4:30pm-6:00 pm, Room HSLC 1309

Instructors and Contact Information

Dr. Chiara Cirelli: Dept of Psychiatry, ccirelli@wisc.edu

Dr. David Plante; Dept of Psychiatry, dplante@wisc.edu

Teaching Assistant: Margaux Kenwood, Neuroscience Training Program, kenwood@wisc.edu

Office Hours

There will be no regularly scheduled office hours. We invite you to contact the TA and/or course instructors before/after class or by email to set up appointments as needed.

Course Objectives

Upon completion of this course, you should be able to do the following:

- Understand the physiology and definitions used to define sleep and wake
- Detail the brain structures and systems involved in the control of sleep and wake
- Understand the circadian and homeostatic regulation of sleep and wakefulness
- Appreciate recent evidence linking sleep, memory, and synaptic plasticity
- Recognize animal models used to study sleep
- Appreciate molecular and genetic approaches to the study of sleep
- Recognize how sleep changes across the lifespan
- Appreciate how sleep affects endocrine, metabolic, and cognitive functions
- Appreciate the importance of sleep for the individual and society, including negative consequences of sleep deprivation and sleep disorders
- List the symptoms, pathological mechanisms, epidemiology, and treatments of sleep disorders (including insomnia, sleep apnea, central nervous system hypersomnias, circadian rhythm disorders, parasomnias, and sleep-related movement disorders)

Schedule of Lectures

Please see lecture/topic calendar on Learn@UW. Please note, this is subject to change. Alterations in the lecture schedule will be posted to Learn@UW and announced in class.

Course Expectations

Attendance

Students are required to attend all lectures. To document your attendance, each student must sign the attendance sheet for that day's class. If you are unable to attend a lecture for a legitimate reason (medical illness, religious holiday, etc.), please contact the TA Margaux Kenwood (kenwood@wisc.edu) in advance regarding your absence. Documentation of the reason for your absence may be requested at the discretion of the course directors. We understand that emergencies do occur in which advanced notice may not be possible. In such instances, please contact the TA as soon as soon as you are able regarding the reasons for your absence.

Remain about 10/6

Signing the attendance sheet for students who do not attend the class is not permitted, and will be considered academic misconduct on the part of both students.

If you do miss class, you are still responsible for the material in that lecture.

Reading and Lecture Materials

Lecture slides and required reading materials will be posted to Learn@UW prior to class. Students will be responsible for having course materials available during class, either in printed or downloaded format. Audio recordings of the lecture (technology permitting) will also be posted to the course website after the lecture for review.

Evaluation

Two exams (brief response/multiple choice) will be held at the mid-point and end of the semester. Potential topics for the exam will be posted to Learn@UW on a rolling basis throughout the course. The exams will be non-cumulative (i.e. the first exam covers material up to Exam 1; the second exam covers material from Exam 1 to the end of the course).

Exam 1 and Exam 2 are scheduled for Thursday October 20 and Thursday December 15, respectively. Both exams will be held during class time. The dates are firm and make-up/alternate dates will only be granted for legitimate reasons. Please contact the TA/course instructors as soon as possible if you have a conflict.

Grading

The final grade for the course will be calculated as follows:

Exam 1: 40% → 10/20

Exam 2: 40% → 10/15

Attendance/Class participation: 20%

The course will be graded using the following grading scale*:

A=90-100%

AB=85-89%

B=75-84%

BC=70-74%

C= 60-69%

D=50-59%

F=<50%

*The Course Instructors reserve the right to adjust grades upward (not downward) depending on the distribution of scores for the class.

Academic Misconduct: Academic misconduct includes but is not limited to the following: plagiarism, cheating on exams and assignments, stealing exams or course materials, forgery and falsifying documents (including signing in for another student or asking another student to do so for you), copying another student's work, submitting fraudulent data, impeding or sabotaging the academic work of others, working on an assignment with others when you are supposed to do so independently, and assisting others in acts of misconduct. Additional information on academic misconduct including consequences of misconduct and the process of reviewing allegations of misconduct, please see the Dean of Students website:

see the Writing Center website: wisc.edu/Handbook/Q... For details on how to avoid plagiarism, please