

# PS362-15 Sleep and Health

**22/23**

**Department**

Psychology

**Level**

Undergraduate Level 3

**Module leader**

Nicole Tang

**Credit value**

15

**Module duration**

12 weeks

**Assessment**

33% coursework, 67% exam

**Study location**

University of Warwick main campus, Coventry

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## Description

### Introductory description

This module aims to develop students' scientific understanding about sleep and an awareness that sleep is a public health issue.

[Module web page](#)

### Module aims

The complex links between sleep and mental and physical health will be examined. The role of psychology in the understanding and treatment of chronic insomnia will be introduced.

### Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

1. Basic principles and concepts of sleep
2. Scientific measurements of sleep
3. Epidemiology of sleep disturbance
4. Sleep and performance
5. Sleep and physical health

6. Sleep and mental health
7. Topical lecture (may involve an external speaker)
8. Chronic insomnia – characteristics and diagnosis
9. Chronic insomnia – phenomenon and psychological theories
10. Chronic insomnia – treatment options
11. Revision & video presentations
12. Revision & video presentations

## **Learning outcomes**

By the end of the module, students should be able to:

- demonstrate an understanding of the key concepts for the study of sleep and insomnia
- demonstrate knowledge of the epidemiology of sleep disturbance and its impact on human performance
- critically evaluate the reciprocal relationship of sleep with physical and mental health
- conceptualise chronic insomnia with psychological theories and evaluate the treatment options available for adults with chronic insomnia
- demonstrate an awareness of sleep as a public health issue

## **Indicative reading list**

- Morin, C.M. & Espie, C. (Eds). (2012). *The Oxford Handbook of Sleep and Sleep Disorders*. Oxford: Oxford University Press. [library link]
- Cappuccio, F.P., Miller, M.A., & Lockley, S.W. (Eds). (2018). *Sleep, Health, and Society: From Aetiology to Public Health*. Oxford: Oxford University Press. [library link]
- Moorcroft, W.H. (2013). *Understanding Sleep and Dreaming (2nd Ed.)*. New York: Springer. [library link]
- Lockley, S.W. & Foster, R. (2012). *Sleep: A Very Short Introduction*. Oxford: Oxford University Press. [library link]

## **Subject specific skills**

critically evaluate the relationship of sleep and physical and mental health

awareness of sleep as a public health issue

evaluate psychological theories and treatment options

## **Transferable skills**

effective communication skills to develop a cogent argument supported by relevant evidence and being sensitive to the needs and expectations of an audience

computer literacy

critically evaluation of primary and secondary sources

video production

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# Study

## Study time

Type	Required
Lectures	12 sessions of 2 hours (16%)
Seminars	10 sessions of 1 hour 30 minutes (10%)
Private study	111 hours (74%)
Total	150 hours

## Private study description

107 hours guided student study

## Costs

No further costs have been identified for this module.

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## Assessment

You do not need to pass all assessment components to pass the module.

Students can register for this module without taking any assessment.

## Assessment group D2

	Weighting	Study time
video presentation	17%	
Work collaboratively in a small group and produce a 5-min educational video introducing a sleep-related topic to the general public		
Essay	16%	
Online Examination	67%	
~Platforms - AEP		

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- Online examination: No Answerbook required

## Feedback on assessment

Academic guidance form for assessed work; Structured feedback on presentation and discussion

\r\nskills during seminars; Academic and peer feedback forms for video production and presentation; \r\nexam results online.

[Past exam papers for PS362](#)

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## Availability

### Courses

This module is Optional for:

- Year 3 of UPSA-C800 Undergraduate Psychology
- Year 4 of UPSA-C801 Undergraduate Psychology (with Intercalated year)
- Year 3 of UPSA-C804 Undergraduate Psychology with Education Studies
- Year 4 of UPSA-C806 Undergraduate Psychology with Education Studies (with Intercalated Year)

This module is Option list A for:

- Year 3 of UPSA-C804 Undergraduate Psychology with Education Studies

This module is Option list B for:

- Year 3 of UPHA-VL78 BA in Philosophy with Psychology
- Year 4 of UPHA-VL79 BA in Philosophy with Psychology (with Intercalated year)
- Year 1 of TPSS-C8P9 Postgraduate Taught Psychological Research

This module is Option list C for:

- Year 3 of UPSA-C802 Undergraduate Psychology with Linguistics
- Year 4 of UPSA-C805 Undergraduate Psychology with Linguistics (with Intercalated Year)

This module is Unusual option for:

- Year 4 of UPSA-C805 Undergraduate Psychology with Linguistics (with Intercalated Year)