

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PSG 195

Credits: 1

Course Title: Introduction to Sleep

Course Description (including lecture hours, lab hours, total contacts)

Introduces the student to the basic human need to sleep. Familiarizes students with the history of sleep, common sleep disorders, the field of sleep medicine, and its relevance to other health professions. Lecture 1 hour per week

General Course Purpose

This course introduces the student to the science of sleep medicine, the role of sleep medicine within biomedicine, and its history and future.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*)

None

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Discuss some of the key people involved in sleep medicines' development
- b. List some of the hallmark publications related to sleep medicine
- c. Understand why the human body and mind need sleep
- d. Understand the impact of undiagnosed sleep disorders
- e. Describe the potential scope of sleep education and the urgency for social change in sleep habits.

Major Topics to be Included

- a. History of Sleep Medicine
- b. The Importance of Sleep
- c. Sleep Disorders
- d. Scope of Practice for Sleep Medicine
- e. Public Education on Sleep

Effective Date of Course Content Summary (Month, Date Year): August 2010