INTRODUCTION TO SLEEP AND SLEEP DISORDERS WITH A SPECIAL FOCUS ON INSOMNIA

Disturbed sleep can arise from simply the state of being asleep in itself (e.g., Sleep Related Breathing Disorders, Parasomnias) and can, of course, be a prominent symptom of many medical and psychiatric disorders, as well as a predictable response to many of life’s stressors (e.g., Insomnia). This selective will be of interest to any student who would like to expand her or his knowledge of sleep and sleep disorders in general and who would like to understand in detail how insomnia evolves and is treated.

Objectives:

• Understanding the basics of normal sleep patterns and architecture.
• Understanding the basics of REM and NREM sleep and the proposed functions of sleep.
• Overview of the full range of sleep disorders as presented in the International Classification of Sleep Disorders 3ed.
• Understanding the basics of polysomnography (PSG/Sleep Study) and when this procedure is indicated.
• Detailed discussion of insomnia and circadian rhythm disorders with a particular focus on the efficacy and effectiveness of non-pharmacological treatments.
• Assessment of insomnia and circadian rhythm disorders. Examination of commonly used sleep inventories and measures. How to conduct a sleep assessment interview.
• Another presentation by a sleep expert and a visit to the UCLA sleep lab will be arranged, if scheduling permits.
• Because this course is designed as a small seminar, a fair amount of latitude can be given regarding the amount of time spent on topics as a function of student interest.

Course Chairs: Jeffrey Young, Ph.D., CBSM is a Psychologist in private practice and Assistant Clinical Professor (vol) in the Department of Psychiatry and Biobehavioral Science at UCLA. Dr. Young received his Ph.D. from USC in Counseling Psychology and completed his internship at Camarillo State Hospital. He has engaged in substantial post-doctoral training in sleep disorders and is certified by the American Academy of Sleep Medicine in the practice of Behavioral Sleep Medicine (CBSM). He is an expert in the treatment of sleep, mood, and anxiety disorders.

Student Requirements: Attendance, active participation, and one brief presentation on any topic of interest related to sleep.

Teaching Methods: Lecture and Discussion

Enrollment: Maximum of 6 students, minimum of 2 students

Sponsoring College: Academic Medicine College

Schedule: 3:30 – 5:30 pm, Mondays, Session A starting 9/12/2016

Location: LRC