Course Syllabus
Sleep: Neurobiology, Medicine, and Society
Neuroscience 520, section #1 / Psychology 533, section #1
Mondays & Wednesdays, 10:00 to 11:30 A.M.

Fall Term, 2011
Directed by: Ralph Lydic, Ph.D. and Helen A. Baghdoyan, Ph.D.
Office phone/address: 647-7831 / 7433 Medical Sciences Building I
Email: rlydic@umich.edu; helenb@umich.edu
Course Administrator: Sarah Watson (sarawats@umich.edu)
Office Hours: by appointment
Course Website: www.ctools.umich.edu

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<thead>
<tr>
<th>Class number, day, date, location</th>
<th>Class topic, instructor, and assigned readings</th>
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| 1 Wednesday, September 7 Med Sci I, Room M5330 | Title: Overview of Sleep Physiology and Medicine  
Instructor: Ralph Lydic, Ph.D. (University of Michigan)  
Readings:  
| 2 Monday, September 12 Med Sci I, Room M5330 | Title: Sleep Phenomenology and the Search for Neural Substrates  
Instructor: Ralph Lydic, Ph.D. (University of Michigan)  
Readings:  
| 3 Wednesday, September 14 Med Sci I, Room M5330 | Title: Neurobiology of Sleep, Part 1  
Instructor: Helen A. Baghdoyan, Ph.D. (University of Michigan)  
Readings:  
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| 4  | Monday, September 19  
Med Sci I, Room M5330 | Title: Neurobiology of Sleep, Part 2  
Instructor: Helen A. Baghdoyan, Ph.D. (University of Michigan)  
Readings:  
| 5  | Wednesday, September 21  
Med Sci I, Room M5330 | Title: Neurobiology of Sleep, Part 3  
Instructor: Helen A. Baghdoyan, Ph.D. (University of Michigan)  
Readings:  
| 6  | Monday, September 26  
Med Sci I, Room M5330 | Title: Sleep and the Biological Basis of Learning  
Instructor: Gina Poe, Ph.D. (University of Michigan)  
Readings:  
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| 7  | Wednesday, September 28  
**Med Sci I, Room M5330**  
Title: Circadian Rhythms  
Instructor: Terri Lee, Ph.D., (University of Michigan)  
Readings:  
| 8  | Monday, October 3  
**Med Sci I, Room M5330**  
Title: Mathematical Modeling of Sleep-Wake Regulation  
Instructor: Victoria Booth, Ph.D. (University of Michigan)  
Readings:  
| 9  | Wednesday, October 5  
**Med Sci I, Room M5330**  
Title: Sleep and Anesthesia  
Instructor: George Mashour, M.D., Ph.D. (University of Michigan)  
Readings:  
| 10 | Monday, October 10  
**Med Sci I, Room M5330**  
Title: Respiratory Rhythm Generation  
Instructor: Ralph Lydic, Ph.D. (University of Michigan)  
Readings:  
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<tbody>
<tr>
<td>11 January 12, 2012 CVC, Danto Room 2314</td>
<td>EXAM 1</td>
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<tr>
<td>12 Monday, October 17</td>
<td>FALL STUDY BREAK</td>
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| 13 Wednesday, October 19 Med Sci I, Room M5330 | Title: Fibromyalgia, Pain & Sleep  
Instructor: Dan Clauw, M.D., (University of Michigan)  
Readings:  
| 14 Monday, October 24 CVC, Danto Room 2314 | Title: Endocrine Modulation of Sleep  
Instructor: Gary Richardson, M.D. (Henry Ford Hospital)  
Readings:  
| 15 Wednesday, October 26 Med Sci I, Room M5330 | Title: Overview of Sleep Disorders  
Instructor: Ron Chervin, M.D. (University of Michigan)  
Readings:  
This reference may provide more details than you will need, but the descriptions of polysomnography methods more generally and especially the pictorial examples of sleep staging features merit your attention.  
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| 16 Monday, October 31 Med Sci I, Room M3330 | Title: Sleep and Psychiatric Disorders  
Instructor: Eric Nofzinger, M.D. (University of Pittsburgh)  
Readings:  
| 17 Wednesday, November 2 Mott, MCHC Room F2305 | Title: Pediatric Sleep Disorders  
Instructor: Tim Hoban, M.D. (University of Michigan)  
Readings:  
| 18 Monday, November 7 Med Sci I, Room M3330 | Title: Sleep and Hibernation  
Instructor: H. Craig Heller, M.D. (Stanford University)  
Readings:  
| 19 Wednesday, November 9 Med Sci I, Room M3330 | Title: Narcolepsy  
Instructor: Mark Mahowald, M.D. (University of Minnesota)  
Readings:  
<p>| 20 Monday, November 14 Med Sci I, Room M3330 | EXAM 2 |</p>
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<td><strong>21</strong> Wednesday, November 16</td>
<td>Title: Substance Abuse and Sleep</td>
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<tr>
<td>Med Sci I, Room M3330</td>
<td>Instructor: Timothy Roehrs, Ph.D., (Henry Ford Hospital &amp; Wayne State University)</td>
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<td>Readings:</td>
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<td><strong>22</strong> Monday, November 21</td>
<td>Title: Insomnia: Causes and Consequences</td>
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<tr>
<td>Med Sci I, Room M3330</td>
<td>Instructor: Chris Drake, Ph.D. (Henry Ford Hospital)</td>
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<td>Readings:</td>
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<td><strong>23</strong> Wednesday, November 23</td>
<td>Title: Behavioral and Pharmacological Treatments of Insomnia</td>
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<tr>
<td>Med Sci II, SLH Room 3699</td>
<td>Instructor: J. Todd Arnedt, Ph.D. (University of Michigan)</td>
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| 27  | Title: Sleep and the Law  
Instructor: Jack Bernard (UM Law School)  
Readings:  
3. [http://www.youtube.com/watch?v=SX8neNjmRjI](http://www.youtube.com/watch?v=SX8neNjmRjI)  
4. [http://www.sleeprunners.com](http://www.sleeprunners.com)  
| 28  | Monday, December 12  
Med Sci I, Room M5330  
EXAM 3 |