

睡眠生理心理學與醫學 (二) 3655208授課大綱

Sleep Physiological Psychology and Sleep Medicine (II)

114學年度第一學期

任課教師：蔡玲玲 (Rm. 411; ext. 32201; psyllt@ccu.edu.tw)

葉世彬醫師 (sleepyeh@hotmail.com)

時間：週四 09:10-12:00

地點：社科院 432 室

課程概述：同步介紹睡眠生理心理學與睡眠異常醫學的進深知識及研究課題

課程核心能力：內容學識、研究方法、研究技術、英文文獻閱讀、文獻蒐集、實際應用

成績評量：蔡玲玲老師部份佔總成績50% (含筆試 50%、課堂報告與討論 50%)

葉世彬老師部份佔總成績50% (報告與討論)

課程主題及進度

日期	Textbook	主題
9/11 蔡	54-64	Psychophysiology of Dreaming
9/18 蔡	3, 10-11, 194	Ontogeny and Phylogeny in Sleep
9/25 蔡	4, 5, 29, 31	Sleep Deprivation and Sleep Function
10/2 蔡	78-88	Occupational Sleep Medicine
10/9 蔡	183-189	Sleep in Women
10/16 蔡	18-21, 28	Physiological Activity in Sleep I. ANS, Cardiovascular System, GI system, Body Temperature Regulation
10/23 蔡	22-27, 30	Physiological Activity in Sleep II. Host Defense, Endocrine Physiology, Respiration
10/30 蔡	124, 126-130	Sleep-Related Breathing Disorders: Pathophysiology
10/30~11/13 筆試期間		
11/6, 13 葉	123, 125, 131-142	Sleep-Related Breathing Disorders: Clinical features, evaluation, treatment, and case study
11/20, 27 葉	115-122	Parasomias: Clinical features, evaluation, treatment, and case study
12/4, 11 葉	101-109	Sleep and Neurologic Disorders: Clinical features, evaluation, treatment, and case study
12/18 葉	161-166	Sleep and Psychiatric Disorders: Clinical features, evaluation, treatment, and case study
12/25, 1/1	國定假日	
1/8 葉	143-160	Sleep and Medical Disorders: Clinical features, evaluation, treatment, and case study

教科書：(請尊重智慧財產權，不得非法影印教師指定之教科書籍)

Kryger MH, Roth T, Goldstein CA, Dement WC. (eds) Principles and Practice of Sleep Medicine, 7th edition, 2022, Elsevier. 課程進度所列為本書章節。

電子參考書：

Kryger MH, Roth T, Dement WC. (eds) Principles and Practice of Sleep Medicine, 6th edition, 2017, Elsevier. <https://www.sciencedirect.com/book/9780323242882/principles-and-practice-of-sleep-medicine>

Sudhansu Chokroverty (ed) Sleep Disorders Medicine: Basic Science, Technical Considerations and Clinical Aspects, 4th edition, 2017, Springer.

<https://link.springer.com/book/10.1007%2F978-1-4939-6578-6>