

睡眠生理心理學與醫學 (一) 3655205授課大綱
Sleep Physiological Psychology and Sleep Medicine (I)
114學年度第二學期

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：週一 9:10-12:00

地點：社科院 432 室

教學主題：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

課程要求：蔡玲玲老師部份佔總成績66% (含筆試30%、課堂討論10%、研究問題報告

26%。研究問題報告說明：提出和課程主題相關之研究問題並進行文獻探索；口頭報告時須提供報告書面摘要：含標題、研究目標、主要參考文獻內容、研究設計與預期結果、參考文獻條列等；不含參考文獻條列之字數不超過2000字。)

葉世彬老師部份佔總成績34% (報告與討論)

課程核心能力：進階學識、研究技能、專業倫理與操守、應用

課程主題及進度

上課日期	Textbook	主題
2/23(蔡)	K:1,2,6	Introduction: History and Overview
3/2 (蔡)	K:7,9	Neural Mechanisms of Waking and Sleep EEG
3/9(蔡)	K:7,9,46,48-50	Neural Mechanisms of Waking
3/16 (蔡)	K:7,9,26,27,45,47,50	Neural Mechanisms of NREM sleep
3/23 (蔡)	K:8,9,45-50	Neural Mechanisms of REM Sleep
3/30(蔡)	K:44-53	Waking and Sleep Pharmacology I
4/6	民族掃墓節補假	
4/13(蔡)	K:44-53	Waking and Sleep Pharmacology II
4/20(葉)	K:65-71	Introduction to Sleep Disorders
4/27(葉)	K:89-100	Insomnia (1)
5/4(葉)	K:89-100	Insomnia (2)
5/11(葉)	K:110-114	Hypersomnias (1)
5/18(葉)	K:110-114	Hypersomnias (2)
5/25(蔡)	K:13,33-36,40	Circadian Rhythms and Circadian System
6/1(蔡)	K:37-39	Human Circadian Rhythmicity and Sleep Homeostasis
6/8 (蔡)	K:12-17	The Genetic Basis of Sleep and Circadian Rhythm
6/15(蔡)	K:43,51, 81	Circadian Rhythm Sleep Disorders
6/22(蔡)	筆試、研究問題口頭報告 (12/5)	

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. Abbreviated as K.

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>