

睡眠生理心理學與醫學 (二) 3655208授課大綱

Sleep Physiological Psychology and Sleep Medicine (II)

109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
2/25 蔡	47-56	Psychophysiology of Dreaming
3/4 蔡	3, 10, 151-154	Ontogeny and Phylogeny in Sleep
3/11 蔡	4, 5, 22	Sleep Deprivation and Sleep Function
3/18 蔡	70-79	Occupational Sleep Medicine
3/25 蔡	155-159	Sleep in Women
4/1 蔡	12-14, 21	Physiological Activity in Sleep I. ANS, Cardiovascular System, GI system, Body Temperature Regulation
4/8 蔡	19-20	Physiological Activity in Sleep II. Host Defense, Endocrine Physiology
4/15 蔡	15-18, 23	Physiological Activity in Sleep III. Respiration
4/22 蔡	109,111,113	Sleep-Related Breathing Disorders: Pathophysiology
筆試期間:4/15-4/29 (蔡)		
4/29, 5/6 葉	107-108,110,112,114-122	Sleep-Related Breathing Disorders: Clinical features, evaluation, treatment, and case study
5/13, 20 葉	92-106	Parasomias: Clinical features, evaluation, treatment, and case study
5/27,6/3 葉	92-100	Sleep and Neurologic Disorders: Clinical features, evaluation, treatment, and case study
6/10, 17 葉	136-141	Sleep and Psychiatric Disorders: Clinical features, evaluation, treatment, and case study
6/24 葉	123-135	Sleep and Other 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, 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>