SECRETS OF SLEEP ACROSS THE LIFESPAN

Elective Course Title – Secrets of Sleep Across the Lifespan

Course teacher: prof. Maja Valić

Associate teachers: prof. Zoran Đogaš

prof. Renata Pecotić

Lectures (10 hours)

1. Introduction to Sleep Medicine (2)
2. Regulation of Sleep and Wake (2)
3. Ageing and Sleep (2)
4. Sleep in Infants and Young Children (2)
5. Sleep in adolescents (2)

Seminars (8 hours)

1. Sleep Disorders and Normal Sleep Variations (3)
2. Sleep in elderly (2)
3. Healthy Sleep (3)

Practicals (7 hours)

1. Sleep Questionairres (2)
2. Case Reports (2)
3. Sleep Promoting Strategies (3)

Literature:

- Purves D, Augustine GJ, Fitzpatrick D, Hall WC, LaMantia AS, White LE. Neuroscience, 5th edition. Sinauer Associates, Inc, Publishers Sunderland, Massachusetts U.S.A. 2015. (selected chapters)

- Bassetti C, Dogas Z and Peigneux P. Sleep Medicine Textbook. European Sleep Research Society. Regensberg 2014. (selected chapters)

- National Sleep Foundation <https://sleepfoundation.org/>

- Materials from the lectures

Welcome to the Course!