



PHED #: Sleep for Peak Performance

Course Syllabus

Fall 2021

Units: 2.0

Instructor: Sara Ivanhoe, M.A.

Email: sara.ivanhoe@usc.edu

Office Hours: By Appointment

Section: / Room:

Course Description

This course is designed to introduce you to the value of sleep and its effect on performance and recovery. You will engage in an in-depth study of sleep systems, sleep disorders, sleep hygiene techniques, study both allopathic and holistic treatments, practice and eventually teach movement, breathing and meditation modalities to support healthy sleep. This course will especially resonate with you if you have difficulties falling asleep, staying asleep, feeling well rested, recovering from jet lag or shift work, or if you are interested in sleep's impact on schoolwork, relationships, both physical and mental health, and overall wellness.

Learning Objectives

- Develop increased understanding of the theory, practice, and research of sleep science and how to apply that knowledge to individual practice.
- Define basic brain physiology and common sleep disorders.
- Demonstrate an understanding of sleep hygiene and establish a personal routine to enhance your quality of sleep.
- Observe inconsistencies and patterns that affect personal sleep hygiene by recording sleep habits nightly in a journal
- Learn principles and application of yoga, breathing and meditation for sleep, eventually leading others through a practice.
- Develop a comprehensive personal sleep strategy

Physical Education Department Objectives

- You will understand the importance of sound health and fitness principles as they relate to better health
- Understand anatomy and basic biomechanical principles and terminology
- Apply learned fundamental skills
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem

Required Readings

- "Why We Sleep: Unlocking the Power of Sleep and Dreams" Dr. Matthew Walker
- "Sleep for Peak Performance" reader available on blackboard

- Recommended: “The Sleep Revolution: Transforming Your Life, One Night at a Time,” by Arianna Huffington

Course Notes

You will be asked to participate in physically active yoga sequences, breathing exercises and meditation techniques, but will not be graded based on your ability to execute these exercises, rather your understanding of the techniques. Proficiency will be assessed through exams, projects, assignments, discussions and student-lead practice.

Integrating theory and practice, you will engage with the course material utilizing both traditional and experiential learning styles. Class sessions will be a combination of lecture, guest speakers, reflection, discussion groups, yoga practice, breathing and meditation techniques. You will collaborate in small cohorts, working through class material, sharing experiences, discussing assignments, and growing in your sleep journey together.

Assignments

You are responsible for the quality of your engagement with the course material and the activities related to it. All work is to be typed and submitted to Blackboard. Format: Double-spaced, Times New Roman, 12 point font. Due dates can be found under the course outline.

You will keep a bi-weekly sleep log, participate in class discussions, lead sleep related practices, write reviews on guest lecturers, submit assigned reading reviews, and complete a midterm and final project.

- **20 Points: Sleep Log**
You will be required to keep a nightly sleep log, noting your sleep times, wake times, exercise, diet and technology intake to gain perspective on your personal choices. Included in the sleep log is a note section for you to record your quality of sleep, and reflect what is working for you, what is not, and what you plan to do differently. The sleep log will be submitted bi-weekly to blackboard. The sleep log isn't assessed on your sleep quality, but rather serves as an opportunity to track patterns and determine what sleep hygiene techniques can be improved. Reviewed for completion, not content.
- **5 Points: Dream Journal**
During these uncertain times, even those who don't usually remember their dreams are having more disturbing dreams than usual. The dream journal is a place for you to record your dreams and dream fragments. As some don't remember their dreams, this assignment will be graded on the honor system, receiving credit when you indicate completion. You will have an opportunity to share your findings in discussion groups.
- **5 Points: Reflections:**
You will be required to complete bi-weekly reflections on how sleep affects you work, relationships, health and general performance. These reflections will remain private. Notification of completion will be based on the honor system and indicated by you. Reflection assignments will be addressed in discussion groups.
- **5 Points: Book Review**
You will be required to read one book: *The Sleep Revolution: Transforming Your Life, One Night at a Time* by Arianna Huffington. In the first quarter of the semester you will focus your attention on *The Sleep Revolution* and submit a 1-page book review highlighting your thoughts and key takeaways from the text.
- **5 Points: Speaker Reviews**
Speaker review assignments should be between 1-3 paragraphs briefly summarizing what that speaker focused on and reflecting on key take-aways throughout the session. There will be 6 different Guest Speakers throughout the course (15 points each).

- **20 Points: Participation**

Most classes will include 10-15 minutes of discussion. You will form groups at the beginning of the semester, those groups will remain consistent throughout the class

- **15 Points: Midterm Project**

The midterm project will be a short presentation highlighting a topic you feel is most pertinent to your own sleep journey. You may want to do further research into the stages of sleep, the effects of excessive blue light, or a facet of sleep hygiene etc. You may additionally choose to highlight a sleep technique, teach it to a group of students, and reflect on whether the technique was effective for your group or in your own practice. You will be asked to present your findings to the class in a 5 minute presentation and submit a 2-5 page paper suggesting your findings.

- **25 Points: Final Project**

The final project, similar format to that of the midterm, is a report on your personal sleep strategy, what it consists of, and how you came to develop/ refine it.

Grades

Sleep is a complex topic and grades will be a combination of several components. You will not be graded on your ability to sleep, but rather your ability to grasp concepts that are laid out in the class, your consistency with the assignments and speaker reviews, how you perform on exams, final projects, teaching assignments and group discussions

Grading Scale

There are 100 total points possible. The overall grading scale is as follows

A 95 / A- 90 / B+ 87 / B 83 / B- 80 / C+ 77 / C 73 / C- 70 / D+ 67 / D 63 / D- 60 / F 59 and below

Zoom Guidelines

In the case of remote learning, zoom guidelines must be observed. You should feel free to raise your hand, or submit questions in the chat. Additionally, camera's must remain on for the entirety of the class session. While on Zoom, your full focus is required.

Attendance Expectations

You are expected to be present for all lectures in real time. Points are not rewarded for attendance, but can be revoked in the case of an absence. In the case you cannot attend a lecture, you must view the missed lecture recording and submit a 100 word lecture summary to recoup lost attendance points.

Assignment Submission Policy

Assignments are to be submitted to blackboard before the deadline. See course outline for deadlines.

Communication

You are encouraged to reach out by email and expect a response within 48 hours.

Outline: Sleep for Peak Performance - Fall 2021

Week	Topic
Week 1:	Lecture: Introduction to Sleep for Peak Performance Practice: <ul style="list-style-type: none">● Movement: Basic seated stretches

	<ul style="list-style-type: none"> • Breathing: Smooth breath • Meditation: Introduction to Yoga Nidra
Week 2:	<p>Lecture: Causes of Insomnia and Sleep Hygiene Part 1</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: Neck rolls, shoulder stretches, wrist stretches, floor stretches, eye strain relief • Breathing: Ujjayi Breathing • Meditation: Yoga Nidra <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal • Reflection: When and how did sleep challenges arise? How have sleep challenges affected family and relationships? <ul style="list-style-type: none"> ○ Post all 3 assignments to blackboard by Sunday at 8pm
Week 3:	<p>Lecture: Sleep Hygiene -Part 2</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: Restorative yoga, Yin yoga introduced • Breathing: Ujjayi breath review, Ujjayi breath with retention, Sanmukhi mudra, brahmi (bee) • Meditation: Counting Down/ Counting Sheep
Week 4:	<p>Lecture: REM, the Stages of Sleep and the Circadian Rhythm (Guest Lecture)</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal • Reflection: How have sleep challenges affected schoolwork, job? How have sleep challenges affect personal health (physical and emotional)? • Speaker notes and review <ul style="list-style-type: none"> ○ Post all 4 assignments to blackboard by Sunday at 8pm
Week 5:	<p>Lecture: REM the Stages of Sleep vs. Yoga's Causal Body, Sympathetic and Parasympathetic Systems vs. Yoga's Subtle Body</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: supported inversions, sustained twists, Restorative yoga continued • Breathing: Nadi Shodhana, Chandra Bhedana • Meditation: Yoga Nidra face down <p>Assignment:</p> <ul style="list-style-type: none"> • Book Review of <i>Sleep Revolution</i> (1-page) • Submit description of cosen mid-term project topic <ul style="list-style-type: none"> ○ Post all 3 assignments to blackboard by Sunday at 8pm (TBD)
Week 6:	<p>Lecture: Supplementary Modalities to Support Sleep Disorders</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: Creating a nightly routine • Breathing: Combine Ujjayi, Chandra Bhedhana • Meditation: Yoga Nidra <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal • Reflection: How might you prepare your family/ coworkers for a day where you know you'll be less effective due to sleep deprivation? How can you alter expectations? <ul style="list-style-type: none"> ○ Post both assignments to blackboard by Sunday at 8pm (TBD)

Week 7:	<p>Lecture: First Quarter Overview</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: Restorative yoga and, Yin yoga, continued • Breathing: Review of techniques, prep for student led practices • Meditation: Review of techniques, prep for student led practices <p>Assignment:</p> <ul style="list-style-type: none"> • Midterm Paper due next class meeting • Give Midterm oral presentations next class meeting (2-3 minutes each)
Week 8: <u>Midterm Project & Presentation</u>	<p>Lecture: Sleep for Peak Performance Midterm Presentations</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal <ul style="list-style-type: none"> ◦ Post both assignments to blackboard by Sunday at 8pm
Week 9:	<p>Lecture: How to Thrive While Sleep Deprived</p> <p>Practice:</p> <ul style="list-style-type: none"> • Movement: Energizing yoga, legs up wall • Breathing: Surya bhedhana, breath of fire, inhale retentions • Meditation: Mantra recitation
Week 10:	<p>Spring Recess</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal <ul style="list-style-type: none"> ◦ Post both assignments to blackboard by Sunday at 8pm
Week 11:	<p>Lecture: Sleep Medications Benefits and Precautions (Guest Lecture)</p> <p>Practice:</p> <ul style="list-style-type: none"> • Student Led <p>Assignment:</p> <ul style="list-style-type: none"> • Speaker notes and review • Reflection on teaching (for those that taught) <ul style="list-style-type: none"> ◦ Post all assignments to blackboard by Sunday at 8pm
Week 12:	<p>Lecture: Nutrition and Sleep (Guest Speaker)</p> <p>Practice:</p> <ul style="list-style-type: none"> • Student led <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log & Dream Journal • Speaker notes and review • Reflection on teaching (for those that taught) <ul style="list-style-type: none"> ◦ Post all assignments to blackboard by Sunday at 8pm
Week 13:	<p>Lecture: TMJ Temporomandibular Joint Disorder (Guest Lecturer)</p> <p>Practice:</p> <ul style="list-style-type: none"> • Face massage, Physical Therapy exercises for TMJ <p>Assignment:</p> <ul style="list-style-type: none"> • Speaker notes and review • Reflection on teaching (for those that taught) <ul style="list-style-type: none"> ◦ Post all assignments to blackboard by Sunday at 8pm
Week 14:	<p>Lecture: Sleep Apnea, Sleep Quality (Guest Lecture)</p>

	Practice: <ul style="list-style-type: none"> • Student led Assignment: <ul style="list-style-type: none"> • Sleep Log & Dream Journal • Speaker notes and review • Reflection on teaching (for those that taught) <ul style="list-style-type: none"> ○ Post all assignments to blackboard by Sunday at 8pm
Week 15:	Lecture: Nightmares, Sleep Walking, Sleep Paralysis, Narcolepsy, and Restless Leg Syndrome (Guest Lecture) Practice: <ul style="list-style-type: none"> • Student Led Assignment: <ul style="list-style-type: none"> • Overview of personal Sleep Log & Dream Journal • Speaker notes and review • Reflection on teaching (for those that taught) <ul style="list-style-type: none"> ○ Post all assignments to blackboard by Sunday at 8pm (TBD) • Final project due next class meeting
Finals: <u>Final Project</u>	Lecture: Sleep for Peak Performance Final Practice: <ul style="list-style-type: none"> • Yoga Nidra <p>Refer to the final exam schedule in the USC <i>Schedule of Classes</i> at https://classes.usc.edu/term-20201/finals/</p>

Statement on Academic Conduct and Support Systems

Academic Conduct:

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

Support Systems:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call

studenthealth.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-9355(WELL), press “0” after hours – 24/7 on call

studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) - (213) 740-5086 | Title IX – (213) 821-8298

equity.usc.edu, titleix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298

usc-advocate.symplicity.com/care_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity |Title IX for appropriate investigation, supportive measures, and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Campus Support and Intervention - (213) 821-4710

campussupport.usc.edu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.