



PHED 118: Sleep for Peak Performance

Course Syllabus

Fall 2022

Units: 2.0

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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, 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 an 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 applications of yoga, breathing, and meditation for sleep.
- 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.

Course Readings

- Required: "The Sleep Revolution: Transforming Your Life, One Night at a Time," by Arianna Huffington
- Recommended: "Why We Sleep: Unlocking the Power of Sleep and Dreams" Dr. Matthew Walker

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, and discussions.

By integrating theory and practice, you will engage with the course material by utilizing both traditional and experiential learning styles. Class sessions will be a combination of lectures, 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.

- **15 Points: Sleep Log + Dream Journal+ Self Care Practice Reflection**

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 on what is working for you, what is not, and what you plan to do differently. The sleep log will be submitted 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.

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, dream fragments, and even a lack of dreams. Please write at least a sentence, up to a paragraph noting any shifts in patterns and how they might be due to some of your behavioral adjustments.

You are required to practice some self-care modalities three times a week. Please reflect on which ones you chose, why, and how they affected you. For instance, you may have practiced wrist stretches or mindful walking.

- **15 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 on *The Sleep Revolution* and submit a 1-2 page book review highlighting your thoughts and key takeaways from the text.

- **15 Points: Midterm Project**

The midterm project will be a short presentation highlighting a topic you feel is most pertinent to your 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 practice. You will be asked to present your findings to the class in a 2-3 minute presentation and submit a 2-3 page paper suggesting your findings.

- **5 Points: Midterm Quiz**

A short midterm quiz will cover basic principles that have been covered in the first quarter of the course material

- **20 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. Your Sleep Strategy should be approximately a 3-5 page written report.

- **10 Points: Final Exam**

A short final exam will cover material that has been covered in the entire semester.

- **20 Points: Participation**

This is an experiential learning class, your presence and participation are required. Most classes will include 10-15 minutes of discussion and reflection.

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 on 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, 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

Attendance Expectations

You are expected to be present for all lectures in real-time. If you are practicing social distancing then please join via Zoom in real-time. If both of those are not possible please view the Zoom recording.

Assignment Submission Policy

Assignments are to be submitted to Blackboard before the deadline. There will be a grade deduction of 10% per day an assignment is late. 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 - Spring 2022

Week	Topic
Week 1:	<p>Lecture: Introduction to Sleep for Peak Performance</p> <ul style="list-style-type: none"> ● Introductions ● Syllabus Overview ● Sleep Deprivation Collateral <p>Practice:</p> <ul style="list-style-type: none"> ● Wrists ● Mindful Breathing <p>Assignment:</p> <ul style="list-style-type: none"> ● Watch Matthew Walker's Ted talk on sleep. ● Please review sleep-tracking options in Week 1 Slides in the Content Section. ● Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.

Week 2:	<p>Lecture: Sleep Hygiene</p> <p>Practice:</p> <ul style="list-style-type: none"> • Feet and Ankle Exercises • Breath Retention <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 3:	<p>Lecture: Sleep/ Wake Homeostasis, Sleep Drive, and Circadian Rhythm</p> <p>Practice:</p> <ul style="list-style-type: none"> • Shoulder Stretches • Ujjayi Breathing <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 4:	<p>Lecture: Sleep Architecture and Sleep Chronotype</p> <p>Practice:</p> <ul style="list-style-type: none"> • Neck Stretches • Smooth Breathing <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 5:	<p>Lecture: Neural Oscillation+ Yoga Nidra</p> <ul style="list-style-type: none"> • Discuss Midterm Projects <p>Practice:</p> <ul style="list-style-type: none"> • Yoga Nidra <p>Assignment:</p> <ul style="list-style-type: none"> • Book Review of <i>Sleep Revolution</i> (1-page) due by next Thursday at 8 pm. • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 6:	<p>Lecture: Sleep for Athletic Performance and Recovery</p> <ul style="list-style-type: none"> • Discuss Sleep Revolution • First Quarter Overview <p>Practice:</p> <ul style="list-style-type: none"> • Alternate Nostril Breathing <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm. • Midterm Project due 8 pm the night before next class meeting • Give Midterm oral presentations next class meeting (2-3 minutes each)
Week 7: <u>Midterm Quiz</u>	<p>Sleep for Peak Performance Midterm Project and Presentations</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 8:	<p>Lecture: Sleep Disorders</p> <p>Practice:</p> <ul style="list-style-type: none"> • Yin Yoga

	<ul style="list-style-type: none"> • Moon Breathing Assignment: <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm. • Watch videos on Tapping. See Blackboard for details.
Week 9:	Lecture: Sleep Neurophysiology and Neurochemistry Practice: Tapping 3-Part Breathing Assignment: Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 10:	SPRING BREAK
Week 11:	Lecture: Digital Eye Strain and Bruxism Practice: <ul style="list-style-type: none"> • Exercises for Eye Strain and Bruxism Assignment: <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 12:	Lecture: Sleep Aids Practice: <ul style="list-style-type: none"> • Qi Gong for Sleep • Yoga Nidra Part 2 Assignment: <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 13:	Lecture: Holistic Sleep Solutions Practice: <ul style="list-style-type: none"> • Marma Self-Massage Techniques • Bee Breathing Assignment: <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm.
Week 14:	Lecture: How to Thrive While Sleep Deprived and Rest vs. Sleep Practice: <ul style="list-style-type: none"> • Energizing yoga • Breath of Fire Assignment: <ul style="list-style-type: none"> • Sleep Log, Dream Journal, and Self-Care Reflection. Due the night before the next class at 8 pm. • Final paper due the night before next class at 8 pm. • Final presentations next class.

Week 15:	Exit Sleep Surveys Final Project Presentations Short Final Quiz Class Evaluations

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 Student Accessibility Services - (213) 740-0776

osas.usc.edu/

Support and accommodations for students with accessibility needs. 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.