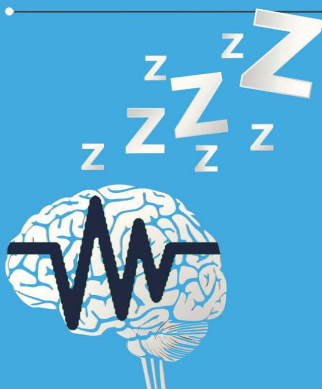
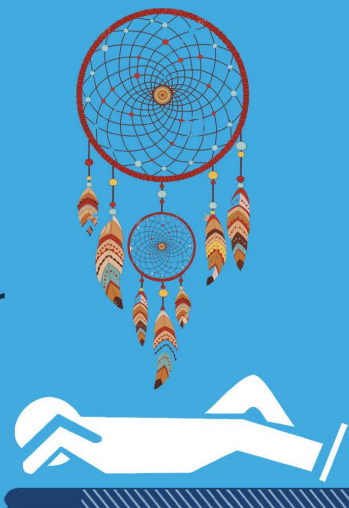


# Spring 2019 Elective NURS 4341/5341

## Sleep Better: Neurophysiology of Sleep & Wake

Gain an understanding of sleep theories and neural mechanisms contributing to states of sleep and wakefulness.

Emphasis is on understanding how perturbations neurotransmitter systems manifest as sleep related disorders and on interventions for sleep disorders.



### Topics Covered:

- Basic science of sleep
- Sleep in lifespan
- Common sleep problems and managements
- Sleep and health promotion

Prerequisites: Nursing major or per faculty permission, students from disciplines other than nursing are welcome.

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