



# LD1009 Applied Behavioral Science and Learning: The Science of Sleep 4.0 credits

Tillämpad beteendevetenskap och lärande: Allt om sömn

This is a translation of the Swedish, legally binding, course syllabus.

If the course is discontinued, students may request to be examined during the following two academic years

## Establishment

The official course syllabus is valid from the autumn semester 2024 in accordance with decision by Head of School : M-2024-0056. Date of decision: 2024-01-22.

## Grading scale

P, F

## Education cycle

First cycle

## Main field of study

Technology and Learning

## Specific prerequisites

General entry requirements.

## Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

## Intended learning outcomes

After passing the course, the student should be able to:

- Describe the phases and functions of sleep
- Give an account of how various factors (from individual to societal level) might influence sleep.
- Identify and design strategies that can be used to optimise their sleep.

## Course contents

The aim of the course is to educate students about general aspects of sleep, but also about sleep disorders and how they might think practically about sleep hygiene. Specifically, the course contains the following:

- Information about the topic of sleep, from mechanisms to society, with a focus on key concepts in today's sleep research.
- Lectures and exercises about biological, psychological and sociological aspects of sleep.
- Exercises in reflecting on and optimising the student's own sleep.

## Examination

- LEXA - Continuous assessment, 4.0 credits, grading scale: P, F

Based on recommendation from KTH's coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

Continuous assessment. The examination components consist of, for example, multiple-choice questions, open-reply questions and assignments in which the students design, follow and report the results of a sleep plan. A final grade is given after a Pass on all examination components .

## Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.