

## Scope of Sleep Course

1. Sleep is a fundamental, critical, and irresistible need for all animals
2. Normal wake: sleep cycle: circadian rhythm, stages of sleep
3. Functions of sleep: memory, immunity, learning, brain health
4. Consequences of sleep deprivation and inadequate sleep
5. Role of naps: what is a power nap?
6. Dreams: why do we do it?
7. Sleep disorders
8. Medications, alcohol, caffeine
9. Continue learning: books & podcasts