



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### **Strumenti per la Gestione dei Disturbi del Sonno tra gli Studenti Universitari**

1718-2-H4101D283

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#### **Aims**

The main purpose of this course is to make known to the students what are the main sleep disorders that can affect both academic performance and the training activities, and also presented some functional tools to improve the quality of sleep.

#### **Contents**

Sleep disorders are an increasingly important issue in the general population. Recent studies have shown a higher prevalence of these disorders among college students and, in particular, among healthcare students.

The course will analyze the sleep from a medical and psychological point of view. In particular, the course will discuss the major sleep disorders (insomnia, early morning awakening, hypersomnia and daytime sleepiness) that may negatively affect academic performance and training activities.

#### **Detailed program**

Pathophysiology of sleep - Dyssomnias and parasomnias - diagnostic criteria of sleep disorders - pharmacological treatment of sleep disorders

- Sleep hygiene - Cognitive-Behavioral Treatment - Relaxation techniques - Cognitive strategies and techniques

**Prerequisites**

Second Year Students and above.

**Teaching form**

Ex cathedra teaching, group discussion

**Textbook and teaching resource****Semester****Assessment method**

Final group discussion

**Office hours**

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