UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Strumenti per la Gestione dei Disturbi del Sonno Tra Gli Studenti Universitari

1819-2-H4101D283

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 that 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