**Title:** The A-Z’s About Catching Your Z’s, 2 Units

**Schedule:** Wednesdays OR Thursdays 6:30pm – 8:00pm

**Facilitators:** Rita Villanueva, Justin Parker, Evan Meagher, Rodney Pimentel

**Course Description:**

This course focuses on various aspects of sleep including physiological regulation, relationship of sleep with physical health, psychology of sleep, sleep disorders, effects of drugs on sleep, science of dreaming, and more. Through lectures, reading assignments, videos, semester-long projects, and open discussions, this class is designed to explore fascinating and interesting facts about sleep that work as a basic introduction to further students’ interests.