

HPSC0068 Sleep and Dreaming

Course Syllabus

2019-20 session | Dr Bill MacLehose | w.maclehose@ucl.ac.uk

Course Information

What happens during sleep? Why do we dream? Across the centuries there have been many attempts to answer these and other questions surrounding the still-mysterious state of sleep. This course is designed to explore the different ways sleeping and dreaming have been understood in the past, both distant and recent. What is the relation between the physical and mental aspects of sleep; why do some cultures see dreams as true, some see them as false, and other see them as the gateway to the unconscious? We discuss historical understandings of the physiology of sleep, the interpretations of dreams, the material culture of resting, the drugs that produce artificial sleep, and the ways sleeping and dreaming have been used in art, literature and film.

The module is designed to familiarise students with the questions and literature in the history of sleep, including medical and psychological materials. The class will follow a seminar-based model, requiring students to read the materials critically and discuss the materials in class. As an advanced course, it is also intended to increase the student's analytical, research and writing skills. The research essay requires students to gather the primary and secondary literature on a topic, synthesise the material and hone their abilities at making a sustained argument.

Basic course information

Moodle Web site:	https://moodle.ucl.ac.uk/course/view.php?id=38871
Assessment:	Research essay, 3000 words; Final examination
Timetable:	www.ucl.ac.uk/sts/hpsc
Prerequisites:	No prerequisites
Required texts:	No required texts (see moodle site)
Course tutor(s):	Dr Bill MacLehose
Contact:	w.maclehose@ucl.ac.uk t: 020 7679 2929
Web:	www.ucl.ac.uk/silva/sts/staff/maclehose
Office location:	22 Gordon Square, Room 4.2
Office hours:	Tu 1-2pm, W 1.30-2.30pm and by appointment

Schedule

UCL Week	Topic	Date	Activity
20	Why a history of sleep? Sleep and modern culture – 24/7	1 Oct	Crary, 24/7, chap 1
21	Dreaming and meaning: Ancient theories Dreaming and meaning: Freud	8 Oct	Genesis; Artemidorus Freud
22	Dreaming and meaning: Jung Dreaming and meaning: cultural history	15 Oct	Jung Burke
23	Aristotle on sleep and dreams	22 Oct	Aristotle, Holowchak
24	How people slept: Premodern views of sleep	29 Oct	Ekirch Dannenfeldt, Kroker
25	Reading week	4-8 Nov	
26	Twentieth-century sleep science: The discover of REM sleep and beyond	12 Nov	'Recent Theories'; Aserinsky/Kleitman,
27	Sleep and the arts	19 Nov	Hobson; Crick; Heraeus; Breton;
28	Historical pathologies of sleep: somnambulism and nightmares	26 Nov	Umanath, et al; Davies, Nightmare
29	History of insomnia; Sleep and religion	3 Dec	BMJ discussion on insomnia; film: Dying to Sleep; Elliot
30	Pharmacology of sleep: Artificial sleep and induced wakefulness	10 Dec	Tallmadge, Wells, Evans;

Assessments

Summary

	Description	Deadline	Word limit	Deadline for Tutors to provide Feedback
essay	Research essay	Topic and initial bibliography: 19 Nov; Final essay: 16 Dec	3000 words	06/01/2019
exam	Final examination	tba		

Aims & objectives

Aims:

The assignment will allow the student to work with both primary and secondary sources to study a topic of his or her own choosing. Essays must be submitted via Moodle.

In order to be deemed 'complete' on this module students must attempt to develop a research topic (to be approved by the lecturer), a bibliography and write an analytical essay of 3000 words. The student must also meet the UCL guidelines for attendance.

Objectives:

By the end of this module students should be able to think critically and historically about the material presented in this course (and, hopefully, materials outside the course). Students should be able to locate, analyse and create an argument around an historical topic of their choosing, to be approved by the instructor. The student should be familiar with the main themes in the history of sleep and dreams, including their ethical, historical and philosophical implications.

Attendance policy:

Students are expected to follow the UCL guidelines on attendance, requiring 70% attendance. Students who miss more than 30% of the module may be barred from assessments.

Reading list

Week 1: Introduction, ancient dream interpretation

Jonathan Crary, *24/7* (chapter 1)

Week 2: Psychoanalysis and dream interpretation

Book of Daniel; Artemidorus, *Oneirocriticon*; Byzantine Dreambook
Freud, *Interpretation of Dreams*

Week 3: Social and cultural history of sleep and dreams

Jung, 'On the Nature of Dreams'; 'Practical Use of Dream Analysis'
Burke, 'Cultural History of Dreams'

Week 4: Aristotle's influence on understanding sleep and dreams

Aristotle, *On Sleep*, *On Dreams* and *On Divination in Dreams*
Holowchak, 'Aristotle on Dreaming'

Week 5: Premodern views of sleep

Ekirch, 'Sleep We Have Lost'
Dannenfeldt, *Renaissance Sleep*; Cogan, *Haven of Health*; Buchan, *Domestic Medicine*
Erasmus Darwin, *Zoonomia*; Kroker, *Sleep of Others* (section on early modern sleep)

Week 6: Nineteenth- and twentieth-century views of sleep

'Recent Theories on Sleep and Dreams' (1889);

Aserinsky and Kleitman on REM sleep, 1953; Aserinsky autobiography 1996

Week 7: Patterns of recent research in sleep and dreams; Sleep and the Arts

Late 20th century science: Hobson, *Dreaming Brain*; Crick and Mitchison, 'Function of Dream Sleep'

Literature and sleep: Hans Christian Andersen, 'The Sandman'

Visual arts and sleep: Breton, *Surrealist Manifesto*; Heraeus, 'Dreams and Prehistory of Surrealism'

Week 8: Historical pathologies of sleep: somnambulism and nightmares

Umanath et al., 'Sleepwalking through History'

Davies, 'Nightmare Experience'

Week 9: History of Insomnia; Sleep and Religion

BMJ Discussion on Treatment of Insomnia (1925); documentary *Dying to Sleep*

Elliot, 'Nocturnal Pollution'

Week 10: Pharmacology of Sleep: downers and uppers

Tallmadge, 'Anesthetics in Antiquity'; Wells, 'Moral Choice in Barbiturates'; Evans et al., 'Sleep and Barbiturates'