

## Sleep: the brain's greatest mystery?

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**Start date** 5 January 2019**End date** 5 January 2019**Venue** Madingley Hall  
Madingley  
Cambridge**Tutor** Ginny Smith**Course code** 1819NDX018**Director of ISP & Lifelong Learning**

Sarah Ormrod

**For further information on this course, please contact**

HoACA Lifelong Learning, Zara Kuckelhaus

[zara.kuckelhaus@ice.cam.ac.uk](mailto:zara.kuckelhaus@ice.cam.ac.uk) or 01223 746204**To book** See: [www.ice.cam.ac.uk](http://www.ice.cam.ac.uk) or telephone 01223 746262

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### Tutor biography

Ginny Smith works as a freelance science writer and presenter, which gives her the opportunity to share her love of science with a wide range of audiences. Since graduating from Queens' College, Cambridge she has developed a range of science shows about the brain. She has performed at science festivals including Cheltenham and Cambridge, to school groups and to adult audiences around the country and internationally. She loves to present science on screen and on the radio, having worked with the Naked Scientists, Cambridge TV, and the Cosmic Shambles network. She also writes science articles for a general audience and is a regular author for DK's science books including 'How the Body Works', and 'How Food Works'.

Ginny's teaching style is highly interactive and engaging and wherever possible she relates to audiences' real life experiences in her sessions. She uses hands-on activities and demos to help her students understand the quirks of their brains better

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## Course programme

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09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	<b>What is sleep?</b>
11:15	Coffee
11:45 – 13:00	<b>The need for sleep</b>
13:00	Lunch
14:00 – 15:15	<b>To sleep, perchance to dream...</b>
15:15	Tea
15:30 – 16:45	<b>Are you getting enough?</b>
16:45	Day-school ends

## **Course syllabus**

### **Aims:**

- To understand the neuroscience of sleep, and the limits of our knowledge
- To explore how science can help us achieve the right amount of sleep for our individual needs

### **Content:**

We spend a third of our life doing it, but how much do we really know about the mysteries of sleep? Recent developments in neuroscience have begun to unlock the reasons that sleep is so vital for us, and how going without can affect you, both mentally and physically. This course will explore our natural circadian rhythms, and how the modern world can influence them, exploring issues surrounding shift work, jet lag and artificial lighting. As well as looking at what is going on in our brains when we sleep and dream, we will also discuss practical tips to improve the quality of your sleep.

### **Presentation of the course:**

Powerpoint presentations & talks, quizzes and interactive activities.

**As a result of the course, within the constraints of the time available, students should be able to:**

- Grasp what is happening in the brain when we sleep
- Understand that there are many as yet unsolved mysteries surrounding sleep and dreams
- Take away science-based tips to help improve the quality of their sleep.

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## **Additional information**

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### **Venue**

Details of how to find Madingley Hall can be found on our website:  
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

### **Refreshments**

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on [ice.admissions@ice.cam.ac.uk](mailto:ice.admissions@ice.cam.ac.uk) or +44 (0)1223 746262.

**Note** Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

*Information correct as of:* 12 December 2018