SPAN 3373
Topics in Spanish Civilization: Sleep and Dreams in Spanish Literature
JAN Term 2019
9:00AM-12Noon and 1:00PM to 4:00 PM
Classroom: TBD
Instructor: Dr. Olga Colbert
Office: 308-E Clements Hall
Phone: (214) 768-4206.
Office hours: By appointment
E-mail: olvalero@smu.edu

Course Description: This course will examine the current state of the science of sleep and dreaming, pairing essays/articles on cognition and consciousness with short stories, poems, and excerpts from novels to study how the experience of dreaming and sleep is explored in those literary texts. The course will also include surrealist films and paintings.

Sleeping and Dreaming are universal human experiences. However, according to sleep expert William Dement, “American society remains almost totally ignorant about sleep, sleep deprivation and sleep disorders.” Through readings of William Dement’s book we will learn about sleep essentials and the risks of sleep deprivation. We will also read additional articles about the experience of dreaming and the content of dreams. We will study different theories answers to why do we dream. Dreams have been an integral part of literature from the beginning, and in this course we will conduct literary analysis of key literary texts in the Spanish and Latin American literary tradition that focus on sleep and dreaming.

About the Instructor: Dr. Olga Colbert is Associate Professor in the Department of World Languages and Literatures. She has been teaching Spanish literature at SMU since 1999, after receiving her Ph.D. at Stanford University. She is currently writing a book on the representations of dreaming, daydreaming and lucid dreaming in literature.

Pre-Requisites: C- or better on SPAN 3358/ 4358 or equivalent.

Textbooks:


-Additional articles and literary texts available in Canvas.

University Curriculum Student Learning Outcomes:
Proficiencies and Experiences: Writing
1. Through multiple experiences supervised and/or directed by a professor, an editor or other authority, students will demonstrate proper use of language
through completion of a substantial amount of purposeful writing appropriate for a specific or targeted audience.

**Grade:** The final grade for the course will be based on the following:

- Quizzes 15%
- Oral Presentation 15%
- Midterm 25%
- Research Paper 30%
- Class participation and attendance 15%

**Note:** Students are encouraged to keep a (private) dream journal (not graded).

**Grading Scale:**

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<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Letter</th>
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<tbody>
<tr>
<td>93-100</td>
<td>A</td>
<td>73-76</td>
</tr>
<tr>
<td>90-92</td>
<td>A-</td>
<td>70-72</td>
</tr>
<tr>
<td>87-89</td>
<td>B+</td>
<td>67-69</td>
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<tr>
<td>83-86</td>
<td>B</td>
<td>63-66</td>
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<tr>
<td>80-82</td>
<td>B-</td>
<td>60-62</td>
</tr>
<tr>
<td>77-79</td>
<td>C+</td>
<td>59 or lower</td>
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**Academic Honesty:** All students are expected to uphold SMU’s Honor Code.

**Quizzes:** Short quizzes will be given at the beginning of class, mostly unannounced. Please, be punctual.

**Written Assignments:** Students will write a research paper that combines information from the scientific literature on an aspect of sleep or dreaming with one or more literary texts, or a literary text and a film. The paper should be 5-7 pages long (double spaced, 1-inch margins, Font Times New Roman). The topic should be chosen in consultation with the professor. A preliminary draft of the paper is due on Friday, January 11. Final paper is due the last day of class.

**Attendance** is extremely important. Given the intensive nature of this course, any absence will be penalized in the final grade. More than one absence in the course may result in the student being dropped from the course.

**Participation.** Your active participation is expected, both individually and in group work. Participation should include both prompted and unprompted contributions to the discussion. These contributions should demonstrate that the student has completed the assigned readings and has reflected on the material.

**Oral Presentation:** a ten-minute oral presentation on the results of your research, presented to the class during the last day of classes.
Use of laptops, smart phones and other electronics is not allowed in this class. While useful at times, it is distracting. They should be packed and out of sight during class time.

Accommodations for students with disabilities: Students needing academic accommodations for a disability must first contact Ms. Rebecca Marin, Coordinator, Services for Students with Disabilities (214-768-4557) to verify the disability and establish eligibility for accommodations. Then you should schedule an appointment with Prof. Colbert to make appropriate arrangements. (See University Policy No. 2.4.)

Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)

IMPORTANT: given the intensive nature of this course, some reading needs to be done BEFORE the start of JAN Term.

Required reading during Winter Break:

- From textbook *Dement’s Sleep and Dreams*: Essential characteristics of sleep. REM and non-REM sleep. Circadian Rhythms. Sleep research methods (Polysomnography, Electroencephalogram (EEG), Electrooculogram (EOG), Electromyogram (EMG). Sleep paralysis.

- From textbook *Dement’s Sleep and Dreams*:
  a) Sleep Quality and Sleep Debt. The Daily Sleep Requirement. The Biological Clock.
  c) Sleep Hygiene: Healthy Sleep Habits

- Soto’s article “Dormir y soñar”

- Novel “El cuarto de atrás”, by Carmen Martin Gaite (Chapter 1)

Required film viewing before the semester starts:

- *Waking Life* (Richard Linklater, Director)
- *Memento* (Christopher Nolan, Director)

Class Schedule

Mon. January 7

  Morning:
  a) Course overview
b) Spanish vocabulary for sleep and dreaming terms

c) An introduction to the science of sleep:
   a. Discussion of Soto’s “Dormir y soñar”
   b. Discussion of excerpts from Dement’s Sleep and Dreams (in textbook):
      Essential characteristics of sleep. REM and non-REM sleep. Circadian Rhythms.
      Sleep research methods (Polysomnography, Electroencephalogram (EEG),
      Electrooculogram (EOG), Electromyogram (EMG). Sleep paralysis.

Afternoon:

d) Discussion of Sleep Quality and Sleep Debt. The Daily Sleep Requirement. The
   Biological Clock.

e) Discussion of Danger of Drowsiness: Safety Issues of Sleep Deprivation. Managing
   Sleep Crises. Surviving Driving. Work Deadlines, Final Examinations and Breaks.

f) Discussion of Sleep Hygiene: Healthy Sleep Habits

Tues. Jan. 8

Morning: Coming in and out of Sleep
   a) The hypnagogic and the hypnopompic: An introduction to the states of consciousness
      associated with sleep: Sleep Onset Imagery.
      a. Dement


c) Novel, Antonio Muñoz Molina, *Como la sombra que se va* (excerpts)

Afternoon
   a) Surrealists creativity techniques (Dali’s)
   b) Dali’s film *Destino*
   c) Dali’s *the Fish Man* (1930) at Meadows Museum
   d) Hypnagogic Hotel (excerpts)

Wed. Jan 9

Morning: What are dreams? Why do we dream?
   a) Introduction to Dreaming
   b) The Psychophysiology of Dreaming (correspondence between physical events taking
      place in the body (and brain) and psychological events taking place in a dream.
      -dream recall
      -time in dreams
   c) Meeting with professor about research paper topic and sources.

Afternoon:
a) Juan José Millás, “Un sueño” (short story)
b) Calderón de la Barca, *La vida es sueño* (excerpts)
c) Linklater film: *Waking Life* (excerpt)

**Th. Jan 10**

**Morning: What do we dream?**

a) Dement, Chapter 11: The Content of Dreams  
b) Charles Dickens: Letter to Dr. Stone  
c) Dickens, *Oliver Twist*, excerpts

**Afternoon: Midterm Exam**

**Fri. Jan 11**

**Morning: Common uses of dreams in literature**

a) Uses of dreams in literature: advance the plot, explore psychology of characters, foreshadowing), explore the nature of sleep and dreaming (and often, by extension, the nature of reality.


c) Carlo Rovelli, *The Order of Time* (excerpts about the flowing of time).

**Afternoon:**

a) Film: *El laberinto del fauno* (excerpts)
b) **First draft of research paper due**

**Mon. Jan 14**

**Morning: Lucid Dreaming**

-Stephen LaBerge’s articles (Canvas)

**Afternoon:**

Film *Memento*

**Tues. Jan 15**
**Morning:** meet with instructor and work on final papers
Juan José Millás, “La asesina del diván” (cuento)

**Afternoon:** Creativity during Sleep. Problem Solving during Sleep. Daydreaming.

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**Wed. Jan 16  Last day of class**

**Morning:** turn in Final Paper (final version)
Juan José Millás, “Una vida y un sueño” (cuento)

**Afternoon:** Oral Presentations of Final Papers