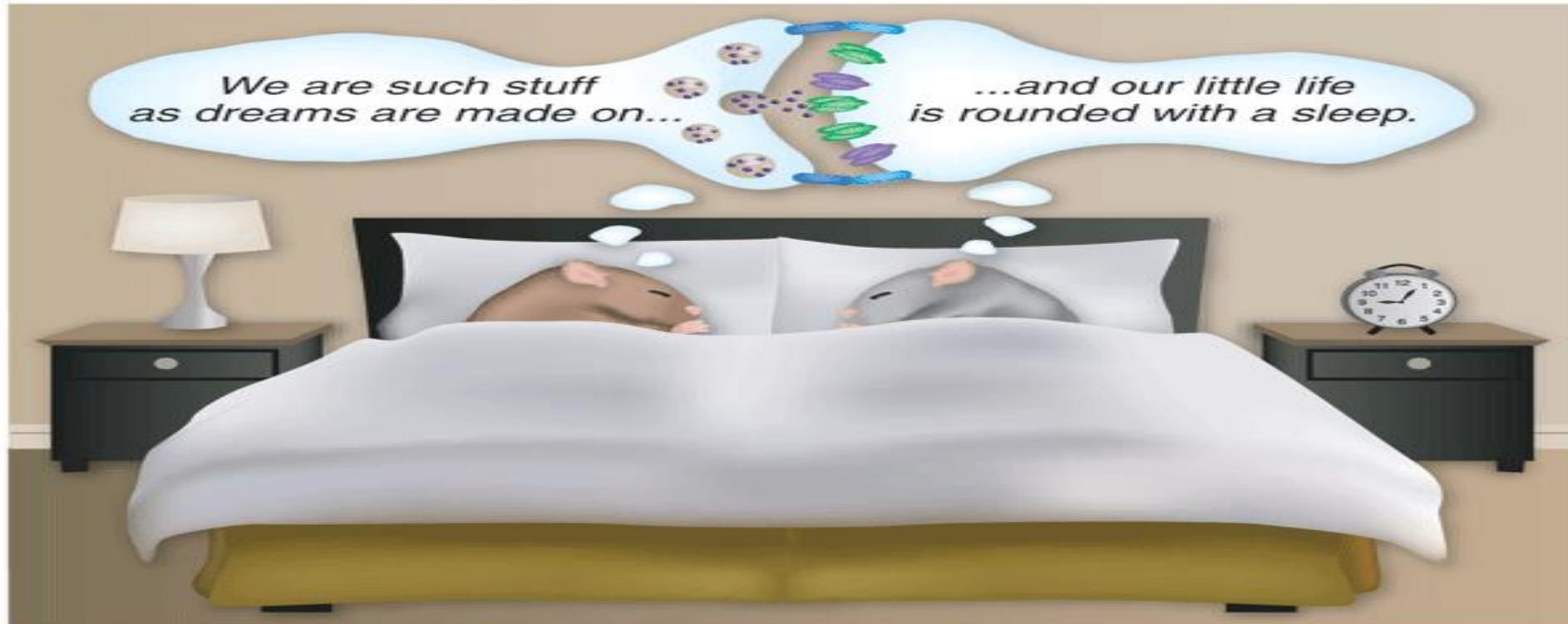


Sleep Theories

- **Making Memories**: sleep restores and rebuilds our fading memories of the day's experience

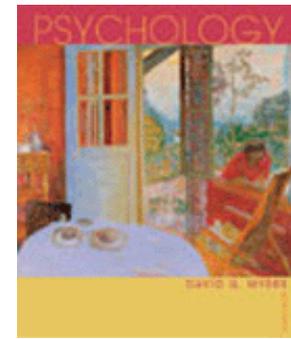


Sleep Theories

- **Creativity**: sleep boosts thinking and learning
 - **problems are often solved after a night's sleep

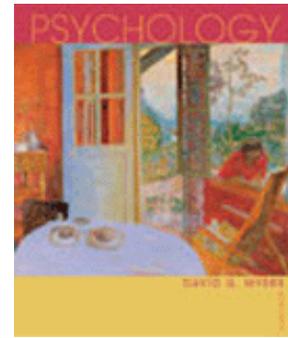


Sleep Deprivation



- Effects of Sleep Loss
 - fatigue
 - impaired concentration
 - depressed immune system
 - greater vulnerability to accidents

Sleep Disorders



- Insomnia
 - persistent problems in falling or staying asleep
- Narcolepsy
 - uncontrollable sleep attacks

More Sleep Disturbances

- Sleepwalking (Somnambulism): Occurs in NREM sleep during Stages 3 and 4
- Sleepwalking: Speaking while asleep; occurs in NREM sleep
- Sudden Infant Death Syndrome (SIDS; Crib Death): Sudden, unexplained death of healthy infant (infants should sleep on back or on side to try to prevent)

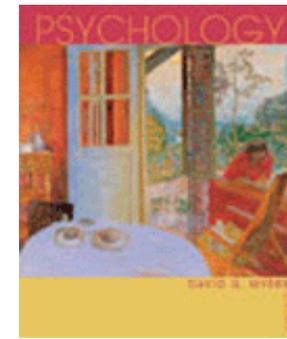
Even More Sleep Disturbances

- Nightmares: Bad dreams
 - Occur during REM sleep
 - May occur once or twice a month; brief and easily (unfortunately) remembered
 - Imagery Rehearsal: Mentally rehearse the changed dream before you go to sleep again; may help to eliminate nightmares

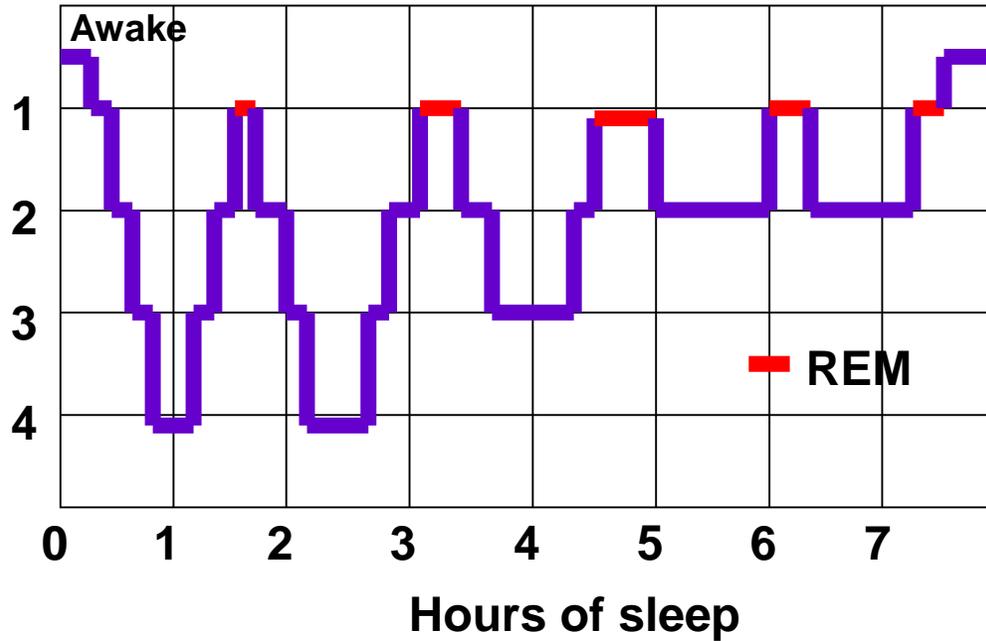
Physiological Sleep Problems

- Sleep Apnea: Interrupted breathing during sleep; cause of very loud snoring
 - Hypersomnia: Extreme daytime sleepiness
 - Apnea can be treated by
 - Surgery
 - Weight loss
 - Breathing mask

Night Terrors and Nightmares



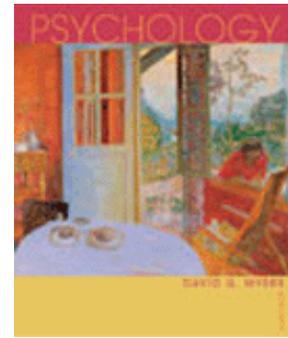
Sleep stages



■ Night Terrors

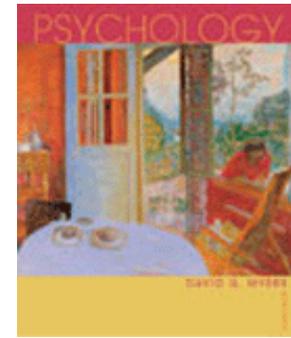
- occur within 2 or 3 hours of falling asleep, usually during Stage 4
- high arousal-- appearance of being terrified
- Total panic and hallucinations may occur

Dreams: Freud



- Dreams
 - sequence of images, emotions, and thoughts passing through a sleeping person's mind
 - hallucinatory imagery
 - discontinuities
 - incongruities
 - delusional acceptance of the content
 - difficulties remembering

Dreams: Freud



- Sigmund Freud--The Interpretation of Dreams (1900)
 - wish fulfillment
 - discharge otherwise unacceptable feelings

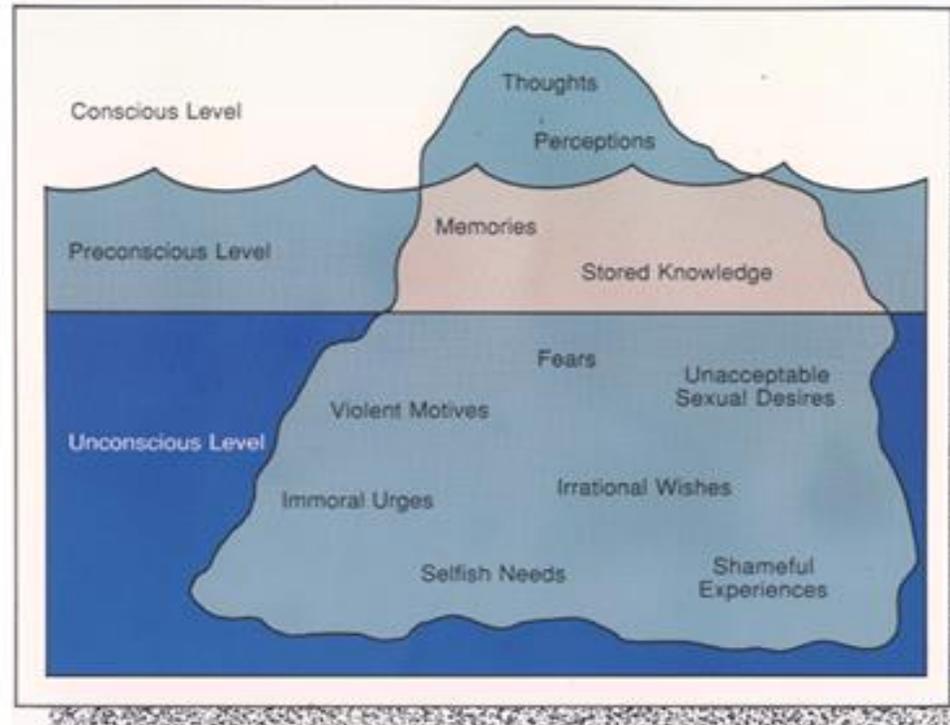
Normal or waking
Consciousness – active
conscious that you are
currently thinking about

Preconscious – information
that is not conscious but is
retrievable into conscious
awareness

****also includes nonconscious:**
automatic behaviors
(breathing, blinking, etc.)

Unconscious – information
processing of which we are
unaware

PERS 5 Freud's View of the Human Mind: The
Mental Iceberg



Dreams



- Dreams

- Early dreams – daily events
- Late dreams – longest, most vivid, strangest
- 8 out of 10 dreams are negative in feeling
- 5 most common dream themes:
 - Falling, Being Chased, Teeth Falling Out, Back at School, Spouse Cheating on You

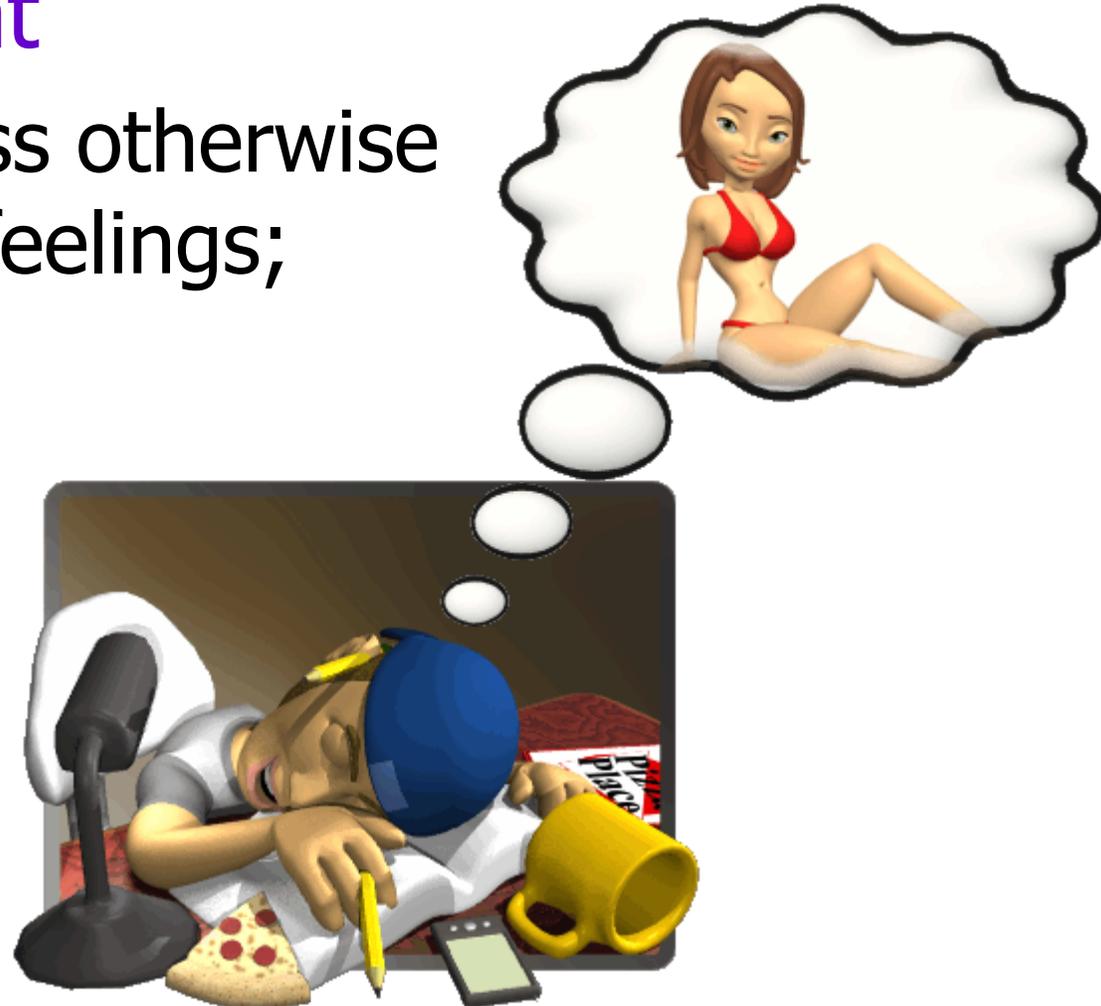
Lucid Dreaming

- **Lucid Dreaming**: dreams where you realize you are dreaming and are able to control the dream
- **Incubated Dreaming**: conscious suggestion to the unconscious to dream about certain content



Dream Theories

- Wish Fulfillment
 - Dreams express otherwise unacceptable feelings; “psychic safety valve”



Dream Theories

- Information-Processing
 - Dreams help us sort out the day's events and consolidate memories
 - Ex: High grades – high sleep correlation

"MENTAL HOUSEKEEPING" VIEW OF DREAMS

Dreams	Retained
Price of tuna	New karate move
Information for exam	Information for exam
New karate move	Date on Saturday
Traffic jam at noon	
Date on Saturday	
Dentist's phone number	



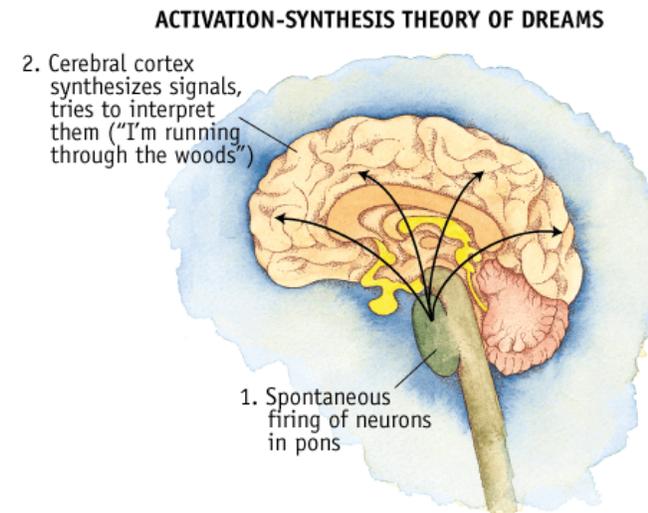
Dream Theories

- Physiological Functioning
 - Brain stimulation from REM sleep may help develop and preserve neural pathways
 - Explains why infants spend so much time in sleep and REM



Dream Theories

- **Activation-Synthesis**
 - Dream is your brain trying to make sense out of random neural firings
 - Limbic system (emotion) and visual cortex have increased activity while dreaming

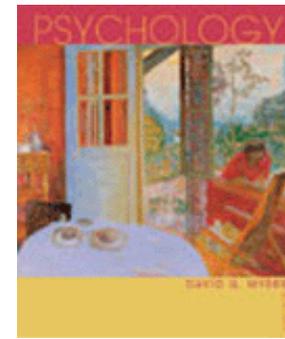


Dream Theories

- Cognitive Theory
 - Dream content reflects dreamer's cognitive development
 - Children under 9: Dreams are like slideshows that don't make sense
 - Older: Coherent storylines in which we are actors



Dreams



- REM Rebound
 - REM sleep increases following REM sleep deprivation