

Journal



- Describe in detail one of the following types of dreams: your most vivid dream, your most reoccurring dream, or your worst nightmare.

Dreams

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



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



Dreams: Freud

- Sigmund Freud--The Interpretation of Dreams (1900)
- Manifest Content
 - remembered story line
- Latent Content
 - underlying meaning (usually sexual according to Freud)

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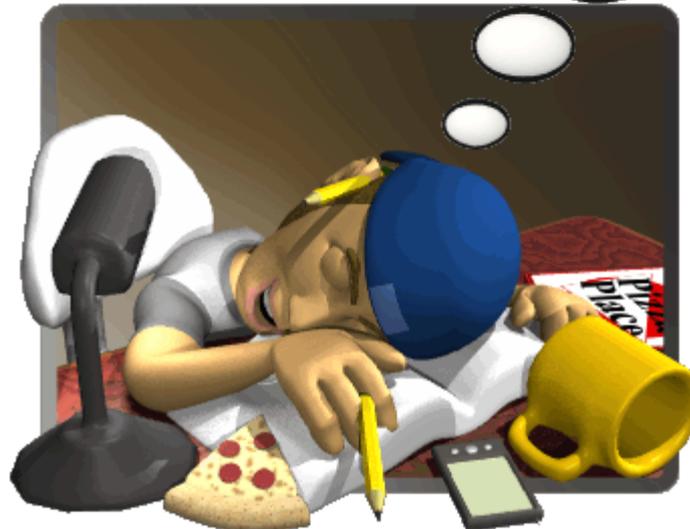
Manifest Content Facts



- After suffering a trauma, people commonly report nightmares. Americans who were recording their dreams during September 2001 reported an increase in threatening dreams following 9/11.
- After playing the computer game “Tetris” for seven hours and then being awakened repeatedly during their first hour of sleep, 3 in 4 people reported experiencing images of the game’s falling blocks.
- People in hunter-gatherer societies often dream of animals; urban Japanese rarely do.
- Compared with nonmusicians, musicians report twice as many dreams of music.

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

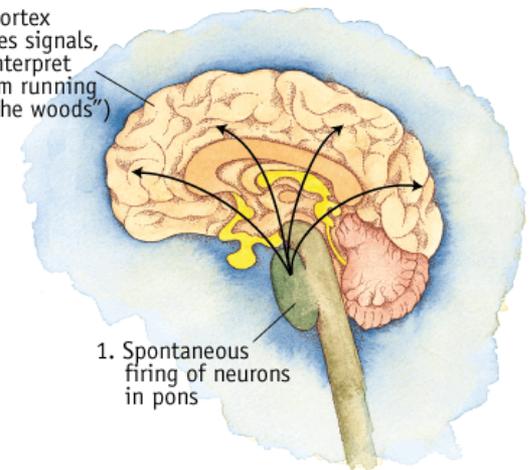
- Dream is your brain trying to make sense out of random neural firings
- Limbic system (emotion) and visual cortex have increased activity while dreaming



ACTIVATION-SYNTHESIS THEORY OF DREAMS

2. Cerebral cortex synthesizes signals, tries to interpret them ("I'm running through the woods")

1. Spontaneous firing of neurons in pons



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



DREAM THEORIES

Theory	Explanation	Critical Considerations
Freud's wish-fulfillment	Dreams provide a "psychic safety valve"—expressing otherwise unacceptable feelings; contain manifest (remembered) content and a deeper layer of latent content—a hidden meaning.	Lacks any scientific support; dreams may be interpreted in many different ways.
Information-processing	Dreams help us sort out the day's events and consolidate our memories.	But why do we sometimes dream about things we have not experienced?
Physiological function	Regular brain stimulation from REM sleep may help develop and preserve neural pathways.	This may be true, but it does not explain why we experience <i>meaningful</i> dreams.
Activation-synthesis	REM sleep triggers impulses that evoke random visual memories, which our sleeping brain weaves into stories.	The individual's brain is weaving the stories, which still tells us something about the dreamer.
Cognitive theory	Dream content reflects dreamers' cognitive development—their knowledge and understanding.	Does not address the neuroscience of dreams.