

- * Learning Targets
 - * I can explain theories on why we dream.
- * Do Now
 - * Touch up your S&D Journals and start discussing how the night went in small groups
- * Agenda
 - * Finish Jigsaw
 - * Shareout on journals
 - * Dreams Lecture
 - * Crash Course
- * Homework
 - * “The Interpretation of Dreams” article

* Daily Rundown

* Dreaming

Mr. McMurray
Psych

- *Freudian
- *Information-Processing
- *Physiological function
- *Activation-Synthesis

* 4 Theories On Why We Dream

- * Sigmund Freud - “Royal Road to the Unconscious”
 - * Wishes, desires, urges censored during the day
 - * Dreams are *wish fulfillment*
 - * Key to understanding our inner conflicts
 - * **Manifest** - the actual images, thoughts and content contained within the dream
 - vs.
 - * **Latent** - represents the hidden psychological meaning of the dream.
 - * Analysts use *free association* interpret dreams

* Freudian Theory

- * Allows the brain to sift through new info and incorporate it into memory
- * Consolidate and process
- * Jonathan Winson argued dreams were “practice sessions for animals to hone their survival skills”

* Information Processing

- * Proposed by J. Allan Hobson and Robert McClarley in 1977
- * “Act” - activates visual cortex and other parts of the brain
- * “Syn” - we try to make sense of random neural activity by creating a story - we use what we know to do this

* Activation Synthesis

- * Neural activity provides periodic stimulation for the brain
- * Explains infant growth...lots of REM, lots of dreams

* Physiological Function

* WHAT DO WE DREAM?

- 1. Negative Emotional Content:** Eight out of 10 dreams have negative emotional content.
- 2. Failure Dreams:** People commonly dream about failure, being attacked, pursued, rejected or struck with misfortune.
- 3. Sexual Dreams:** Contrary to our thinking sexual dreams are sparse. Sexual dreams in men are 1 in 10; and in women 1 in 30.

*[Dream Interpreter](#)

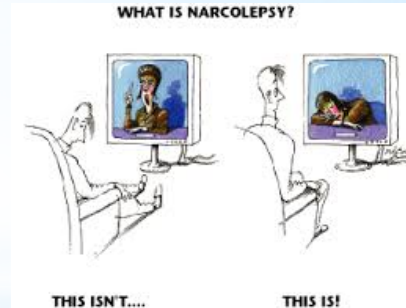
*“HOW DREAMS WORK”



Sleep Disorders

*Narcolepsy

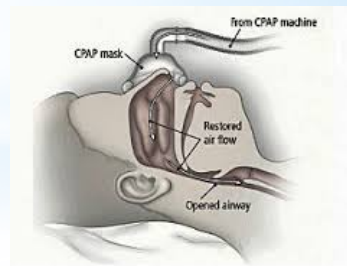
- *Sudden and irresistible onsets of sleep when supposed to be awake
- * Unknown cause



Sleep Disorders

Sleep apnea -

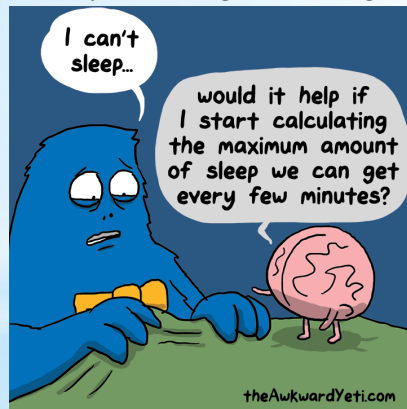
frequent, temporary halt of breathing for 15-60 seconds while sleeping



Sleep Disorders

Insomnia:

difficulty falling asleep, remaining asleep and persistent early-morning wakening



Sleep Disorders

Somnambulism (Sleep Walking)

- person arises and wanders while asleep



<https://www.youtube.com/watch?v=VpIKX8VlaT8>

Sleep Disorders

Nightmares

- anxiety-arousing dreams, lead to awakening from REM sleep

- correlation between stress and nightmares

- prevalent in 10% adults
persistent nightmares in children may reflect emotional disturbance



VS

Night terrors

- abrupt awakenings from Non-REM sleep accompanied by intense arousal and panic

- most common in children 3-8
- *not* indicative of emotional disturbance

