

Quick Study Guide

Topic: States of Consciousness – Sleep & Dreams

Related Course(s): Psych 1100

Sleep & Dreams – Key Terms

Circadian rhythms: biological processes that occur regularly on approximately a 24-hour cycle

Consciousness: our awareness to sensations, thoughts and feelings experienced at any given moment

Stage 1 sleep: the state of transition between wakefulness and sleep, characterized by relatively rapid, low-amplitude brain waves

Stage 2 sleep: a sleep deeper than that of stage 1, characterized by a slower, more regular wave pattern, alone with momentary interruptions of "sleep spindles"

Stage 3 sleep: a sleep characterized by slow brain waves, with greater peaks and valleys in the wave pattern than in stage 2 sleep

Sleep 4 sleep: the deepest stage of sleep, during which we are least responsive to outside stimulation

*Note: Recent research has shown that Stages 3 and 4 are one stage, thus there are now 3 stages of sleep + REM

Rapid eye movement (REM) sleep: sleep occupying 20% of an adult's sleeping time, characterized by increased heart rate, blood pressure, and breathing rate/ eye movements/ and the experience of dreaming

Nightmares: unusually frightening dreams that occur fairly often

Dream Theory

Unconscious wish fulfilment theory: Sigmund Freud's theory that dreams represent unconscious wishes that dreamers desire to see fulfilled

Manifest content: what we remember and report about the dream - it's storyline

Latent content: the actual, underlying wishes that the dream represents

Dreams-for-survival theory: the theory suggesting that dreams permits information that is critical for our daily survival to be reconsidered and reprocessed during sleep

Activation-synthesis theory: Hobson's theory that the brain produces random electrical energy during REM sleep that stimulates memories stored in the brain

Activation information modulation (AIM) theory: the theory that dreams are initiated in the brain pons, which sends random signals to the cortex

Daydreams: fantasies that people construct while awake