***Sleep and Dreams***

***Minds On***

* How much sleep did you get last night? \_\_\_\_\_\_\_\_\_\_
* How much the night before ? \_\_\_\_\_\_\_\_\_\_\_\_\_
* What do you think is average for you? \_\_\_\_\_\_\_\_\_

***Average Hours of Sleep
Needed***

* Adults seem to need an average of \_\_\_\_\_\_\_\_\_\_\_ hours sleep.
* New borns and teens are experiencing high growth periods and need more sleep.

Teens need between \_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours.

*****What’s up with sleep?***

* Sleep uses approximately \_\_\_\_\_\_\_\_\_\_ of our life, when we don’t get our sleep it has a negative impact.
* Sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ used while we are awake, we \_\_\_\_\_\_\_\_\_\_ while we sleep, we \_\_\_\_\_\_\_\_\_\_ damage.
* Lack of sleep causes fatigue, less immunity to disease, hand tremors, irritability and inattention.

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***What stages do we go
through while we sleep?***

***What is REM Sleep?***

* It is an active period of sleep marked in humans by intense \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and rapid bursts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* REM > Rapid Eye Movement > people can see when you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ > eyes move back and forth under lids.
* REM occurs during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* When researchers woke people during this phase they could \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their dreams.

***How do scientists know that REM sleep is important?***

* they did an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* they prevented people from experiencing this stage by waking them up regularly.
* the findings?
	+ the subjects became short-tempered and less able to concentrate.
	+ Other effects include depression, weight gain, immune system suppression and slower reaction times.
* Electrodes attached to the scalp can record brainwaves, which helps us to know there are 4 [stages](https://www.youtube.com/watch?v=rMHus-0wFSo) of sleep we cycle through about every 90 minutes over and over again all night long.

***We sleep in stages***

In stage 2 a more stable sleep occurs. Chemicals produced in the brain, block the senses making it difficult to
be woken.

Stage 3 is a deep sleep. A growth hormone is released during this stage. Most of stage three sleep occurs
in the first third of the night.

Stage 4 is the REM sleep. REM sleep revitalizes the memory. In this stage; brain activity is very high and
intense dreaming is likely to occur.

In stage 1 we experience a light transitional sleep. This is where is where drowsiness and sleep begins.

***Dreams***

* *While we don’t all experience the varied states of consciousness, we do \_\_\_\_\_\_\_\_\_\_\_\_\_ and we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
* *According to researchers our dreams vary in \_\_\_\_\_\_\_\_\_\_\_\_\_\_depending on how long that particular REM cycle is.*
* *Most dreams are fairly \_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
* *Some tend to be negative, it is common to dream about failure or being attacked or losing out.*

***How do cognitive psychologists explain
the value of dreams?***

* *Cognitive psychologists feel that dreams help us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_and emotions, and sort things out (we tend to sleep more after stressful days).*
	+ *This makes sense if you think that many dreams are fairly ordinary.*

***How do psycholanalysts (Freud) explain the
function of dreams?***

* *Psychoanalysts believe dreams have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are key to understand our drives, fears and so on.*
* [*Freud*](https://www.youtube.com/watch?v=lig53eW2ptg) *attributed the libidinal drive (life force) as the primary creator of dreams that a person’s wishes for.*
* *Freud also felt that tapping into a person’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_would allow a therapist to help a person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that may be bothering them, that they may not be aware of.*

*eg. Who is the spider?*