

## **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