

- The amount of time spent in REM increases ~~as~~ the longer you sleep.

- As the night progresses, you are less likely to hit the deepest stages of sleep.

Nightmares

- occur during REM sleep.

Night Terrors

- Occur outside of REM
both are vivid, realistic.
→ Sleep walking occurs outside of REM.

Sleep walking
occurs in non-REM
sleep.

Dream Theories

1. UNCONSCIOUS

Wish Fulfillment
Theory (Freud)

- dreams represent
UNCONSCIOUS concerns,
wishes or desires

of o

of the unconscious mind. Freud believed that sleep allowed our subconscious mind to process things while we sleep. He believed that the content of our dreams could indicate the issues that our subconscious minds were working on.

- dreams have meaning.
Sigmund Freud ↓

2. Activation-Synthesis Theory

- Dreams have no meaning.
Electrical stimuli trigger memories, feelings, sights & images while

You sleep. Your brain processes these into a "believable" story line.

* 3. Dreams for Survival Theory

- Dreams allow us to reprocess and reconsider info. that is vital to our survival.

- Very important ~~is~~ in skeletal-muscular tasks.

* - Do not include in paper.

Hypnotism

- A state of heightened suggestibility.

15% very susceptible

15% not susceptible

- Impossible to tell the difference between someone who is faking and someone who is not, **without an EEG**

- Very effective in treating smoking addiction, weight loss, pain relief etc.

You can not force someone to do something against their will when hypnotized.

- This is not the imperius curse and you are not a wizard!

