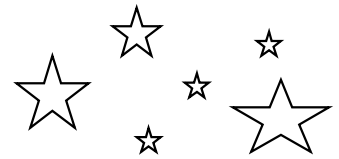


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Dream Theories



Dreams are by far one of the most intriguing components of sleep. Everybody dreams, but nobody always has the same dreams- and the variety of our dreams really inspires people to engage in the thought processes of what our dreams really mean. Whether our dreams are full of blissful adventures or horrific encounters, dreams are vivid recollections that researchers suspect play a role in human functioning. The problem, however, is that analysis of dreams are simply theories and that as of right now- there is not any concrete evidence that provides sleepers with an outlined explanation to these vivid dreams.

Dream Theories:

Psychoanalytical Approach

- ★ Unconscious Wish Fulfillment Theory- Sigmund Freud
- ★ we dream to provide an outlet for intense, dangerous anxieties and impulses that otherwise becomes “Dammed Up” in the unconscious mind
- ★ dreams represent a release for wishes that are not fulfilled
- ★ Latent Content of Dreams-disguised meanings of dreams that are represented in other symbols
- ★ Manifest Content of Dreams-the actual dream as it appears to us- storyline

Biological Approach

- ★ dreaming is completely neuropsychological
- ★ dreams are an unimportant side effect of rhythmic neurobiological activity in the brain
- ★ random outbursts of nerve cell activity and the brain tries to make sense of them by using memories

Dream Theories Continued...

Cognitive Approach

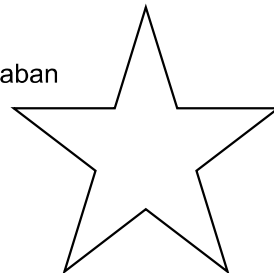
- ★ dreams are extensions of our waking thoughts and involve problem solving activities

Other Approaches

- ★ Survival Theory: provides us with information and coping skills that allow us to survive in critical daily events
 - * inherited through ancestors who needed the sleep due to smaller brains
- ★ Activation-Synthesis Theory: scattered memories with gaps that the brain fills in with information in order to make sense

In dreams, we enter a world that's entirely our own.

Harry Potter and the Prisoner of Azkaban



Special Dream States:

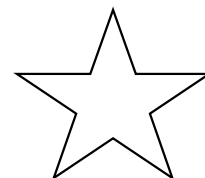
Lucid Dreams

- ★ the sleeper suddenly becomes aware of the fact she is dreaming
- ★ “conscious dreamer”
- ★ dreams are reported to start either in a state of consciousness into sleep or from sleep to consciousness without the sleeper recalling

Out of Body Experiences

- ★ the dreamer becomes an outside observer who can see himself in bed or in some other circumstances such as how someone else would view him/her

Dreams are often most profound when they seem the most crazy.



Déjà vu:

Déjà vu is a feeling as if you have already experienced or seen something either in a dream or another situation but not being able to recall the information. An estimated 70% of people reported that experiencing déjà vu was common. There has been few scientific findings on déjà vu, but theories have been established stating that déjà vu is caused by a inconsistency in a person's memory. Others believe that déjà vu is associated with a person's ability to recall moments within their dreams in different situations.

Day Dreaming:

Interesting Dream Facts:

- ☆ Dreams that are closer to your wake hour are more related to your recent life, dreams that are earlier throughout the night are more closely associated with your early life.
- ☆ Recently paralyzed people have reported that more exercise and physical activity has occurred within their dreams. People who are very active have reported that there is less physical activity within their dreams.
- ★ Factors that may influence your dreams: events just prior to falling asleep, events during sleep, current stress, cultural norms, etc.
- ★ Women:
 - * Have dreams that encompass more emotion, characters, and friendlier interactions
 - * Have dreams that involve family interactions and family members
 - * Are able to recall their dreams more accurately and consistently than men
- ★ Men:
 - * Have dreams that are more likely to be aggressive and hostile
 - * Have dreams associated with striving for achievement
- ☆ We dream about 1-2 hours every night, having about 7-10 dreams per night.
- ☆ Everybody dreams! EVERYBODY!
- ★ If we wake up during REM sleep we are more apt to remember our dreams, although we are estimated to forget about 90% of our dreams.
- ☆ Within about 5 minutes of waking up you forget almost half of your dream.
- ★ While you snore, you are not dreaming.
- ☆ Toddlers do not generally dream.
- ★ You do not appear in your own dreams until ages 3 or 4.
- ☆ Blind people dream.
- ☆ Not everybody dreams in color. A reported 12% of people dream solely in black and white.
- ☆ It is reported that people who are attempting to quit smoking cigarettes have more vivid and memorable dreams.
- ☆

Dreams

1. One third of our lives is spent sleeping.
2. In your lifetime, you would've spent about 6 years of it dreaming. That is more than 2,100 days spent in a different world.
3. Dreams have been here as long as mankind. Back in the Roman Era, striking and significant dreams were submitted to the Senate for analysis and interpretation.
4. Everybody dreams. EVERYBODY! Simply because you do not remember your dream does not mean that you did not dream.
5. Dreams are indispensable. A lack of dream activity can mean protein deficiency or a personality disorder.
6. We dream on average of one or two hours every night. And we often even have 4-7 dreams in one night.
7. Blind people do dream. Whether visual images will appear in their dream depends on whether they were blind at birth or became blind later in life. But vision is not the only sense that constitutes a dream. Sounds, tactility, and smell become hypersensitive for the blind and their dreams are based on these senses.
8. Five minutes after the end of the dream, half the content is forgotten. After ten minutes, 90% is lost.
9. The word dream stems from the Middle English word, dreame which means "joy" and "music".
10. Men tend to dream more about other men, while women dream equally about men and women.
11. Studies have shown that our brain waves are more active when we are dreaming than when we are awake.
12. Dreamers who are awakened right after REM sleep, are able to recall their dreams more vividly than those who slept through the night until morning.
13. Physiologically speaking, researchers found that during dreaming REM sleep, males experience erections and females experience increased vaginal blood flow - no matter what the content of the dream. In fact, "wet dreams" may not necessarily coincide with overtly sexual dream content.
14. People who are giving up smoking have longer and more intense dreams.
15. Toddlers do not dream about themselves. They do not appear in their own dreams until the age of 3 or 4.
16. If you are snoring, then you cannot be dreaming.

17. Nightmares are common in children, typically beginning at around age 3 and occurring up to age 7-8.

18. In a poll, 67% of Americans have experienced Deja Vu in their dreams, occurring more often in females than males.