DREAMS & DREAMING (p.1)

1. Dream Theories from Ancient History

2000 B.C. Egyptian, Indian writings
Old Testament, Homer's *Iliad*, Babylonian *Talmud*

Aristotle, Cicero

2. **Last Century**

Freud, Jung (wish fulfillment, archetypes, disguised needs)

3. **Current Viewpoints**

Synthesis-activation model (Hobson, McCarley)
Other neurological models (e.g. primitive brainstem activation)
Limbic system, activates esp. R frontal lobe
Strengthens neural circuitry (esp. in immature NS)
Sentinel hypothesis
Memory storage/erasure
Cortex "interpreting" the neural "chaos" activated by pontine brainstem

Note: Mark Solms' patients…dissociation of REM sleep & dreaming
*S*1: brain damage in brain stem
*S*2: brain damage in frontal lobe

4. **General Questions About Dreams:**

How long do dreams last?
Does everybody dream?
Why are so many dreams forgotten?
Do we dream in color?
Do we incorporate external/internal stimuli into dreams?

5. **Analysis of Dream Content**

note: laboratory vs. home dream content
frequently negative (67%) (R brain activation?)
gender differences

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5. **Analysis of Dream Content** (cont.)
   recall of dreams: influence of quality/quantity of sleep
   influence of "personality"

6. **Nightmares (Dream Anxiety Attacks)**
   usually awaken sleeper
   high autonomic arousal
   very common, especially in children
   can be induced by DA agonists, beta-blockers (NE antagonists)withdrawal
   post-traumatic DAAs, "dreamwork"
      to (attempt to) recall or not to recall?…
   sudden onset of DAAs
      environmental stressors
      onset of psychosis

   "personality" of Ss with life-long hx of DAAs
   DAAs are not same as "night terrors" (a parasomnia)

7. **Other**
   changes in dream recall with increasing age
   dreams in pregnant women
   effect of increasing awakenings from sleep on dream recall
   dream content & future medical diagnoses
   rel. to depression (shortened SOREMP latency, more REMs)
   ACh agonists vs. antagonists
   dreams in Ss blind from birth vs. Ss who lose sight later on
   lucid dreaming & dreamers