

Dreams

Why do we have them?

- 1) Keep the brain busy while it is being recharged
 - Busy w/ old info, not using chemicals
- 2) Work out problems of the day – go to bed w/ something on your mind, know what to do in the morning
- 3) Organize and Sort new info and file it with old info – as we sort we end up w/ a mix of stuff in our dreams
- 4) Activation and Synthesis theory – Hobson and McCarley propose that dreams are generated by random outbursts of nerve cell activity which our brain then uses past experiences to piece together some type of story
- 5) Sigmund Freud believes dreams are road to unconscious. Believed that dreams represented wishes that have not been fulfilled in reality
 - **Surface or manifest content:** what is really going on in the dream
 - **Latent content:** the hidden meaning of your dream

In truth we don't really know why we dream

What we do know:

- You do dream 4-5 times every night
- If you did not dream we would go “crazy” (see things that aren't there)
- The more sleep deprived you are the faster you go through the cycle to get to REM –spend more time in Stage 4 and REM
- The closer we are to waking, the more recent dream content we remember
- Dreams are not just a flash in front of you. Your dreams play out as long as they would in real life(i.e. walking through a door takes as long as it would if you were awake, however you jump to different parts of the dream which seems to make it go faster)
- Women – more recall, emotion, characters, friendly interaction, indoor, involve family and friends
- Men – more aggressive, hostility, achievement

***As women have become more career driven, their dreams have become more like mens

- Both men and women dream about sex
 - Men:
 - about 1 out of every 10dreams
 - uninhibited pleasure with beautiful anonymous women
 - Women:
 - About 1 out of every 30 dreams
 - Someone they know and have more problems and distractions