

# SLEEP AND DREAMS EXAM REVIEW SHEET

## ONLINE STUDY HELP!

- ✓ **Complete notes for this unit are available at:**  
<http://doyleqhs.weebly.com> (just go to the *Sleep & Dreams* unit page)
- ✓ **Study all the chapter vocabulary and important names at:**  
<http://quizlet.com/822289/> (highly recommended!!)

## PART 1—INTRO TO CONSCIOUSNESS

- What is a *psychological construct*?
- What are the **three meanings** of consciousness?
- What are **Freud's three levels** of consciousness?
- What is an *altered state of consciousness*? Make sure you can give an example or two.

## PART 2—SLEEP AND DREAMS

### SLEEP

- What is a *circadian rhythm*?
- How **many hours of sleep** does the average teenager need?
- What does an **EEG** measure?
- What is *sleep debt*?
- What is the role of the **suprachiasmatic nucleus**?
- What are the **5 stages of sleep** and what are the specific details that make them unique from the others?
- What is **NREM**?
- What is a **sleep cycle**? How many do we go through in an average night?
- During which stage of sleep do we have our most **vivid dreams**?
- Can we dream in NREM stages? If so, how are they different from REM dreams, if at all?

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- Know the major symptoms of these sleep disorders and common treatments for them:
  - Insomnia
  - Obstructive Sleep Apnea
  - Narcolepsy
  - Sleep Terror
  - REM Sleep Behavior Disorder
  - Sleepwalking
- Which is the most common **sleep disorder**?
- Why do we sleep?

## DREAMS

- According to an international survey, what is the **most common** thing people dream about?
- How did ancient civilizations explain dreams?
- What is a *lucid dream*?
- What parts of the brain are **active** during sleep? Which is very **inactive**?
- What was the name of **Freud's famous book** on dreams?
- What did Freud mean when he said that dreams are a form of **wish fulfillment**? What kinds of wishes?
- What does it mean to say that dreams are "**symbolic**"?
- What's the difference between *manifest content* and *latent content*?
- What is *dreamwork*?
- What are *condensation* and *displacement*?
- How does the *biological theory* explain dreams?
- How do the *cognitive theories* (problem solving vs. mental housekeeping) explain dreams?