Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AP Psych Outline – Sleep and Dreams

1. What is Consciousness
   1. Dual Track Mind
   2. Benefits of Daydreaming/Fantasies
2. Biological and Circadian Rhythms
3. What is sleep?
   1. EEG
4. Beta Waves
5. Stage 1 Sleep
   1. Alpha waves
      1. Hallucinations
      2. Hypnogogic jerks
6. Stage 2 Sleep
   1. Sleep spindles
   2. Theta waves
7. Stage 3 – 4 Sleep
   1. Delta waves
   2. Night Terrors
8. REM Sleep

   2. Normal sleep cycle – around 90 minutes
   3. Paradoxical
   4. This stage gets longer with each sleep cycle
9. Sleep deprivation
   1. Effects
10. Sleep Function
    1. Theories
11. Sleep Disorders
    1. Insomnia -
       1. Why Sleeping pills/alcohol may make this worse
    2. Sleep Apnea –
       1. Often complained about as what?
       2. What stage is most often disrupted?
12. Dreams
    1. Sigmund Freud’s *Interpretation of Dreams*
    2. Manifest Content
    3. Latent Content
13. What’s the Meaning of Dreams
    1. Physiological Function of Dreams
    2. Activation-Synthesis Theory
    3. Dreams as part of cognitive development
    4. REM Rebound
14. Lucid Dreams