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
	3.
7. Stage 3 – 4 Sleep
	1. Delta waves
	2. Night Terrors
8. REM Sleep
	1.
	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*
		1.
		2.
	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