

Dreams

HSP3MI

Chard

History

- in earliest times, humans believed dreams were messages from the Gods
- Native Americans were known to embark upon vision quests, spending days alone in the wilderness waiting for a dream message to guide their lives
- numerous accounts of dreams in the Bible
- Sigmund Freud believed dreams were messages from the unconscious mind about repressed desires and fears
- Carl Jung made dreams a focus of his work: believed we inherit a **collective unconscious** from our ancestors which we can use to discover our inner self; dreams are connections between the conscious and unconscious mind that come to us in our sleep because that is the only time the conscious mind is quiet

Stages of Sleep

- **see overheads from “Sleep Clinic” for Non-REM Sleep (Stages 1-4)**
- research indicates we can dream 4-6 times per night in **REM Sleep** (Rapid Eye Movement) sleep; during this stage our eyes move beneath our eyelids and our heart rate and pulse speed up
- 1990's: we may dream even outside REM sleep; infants spend most of their time in the womb in REM sleep

Jungian Psychotherapists

- hold dream workshops
- Annie Jacobsen of Toronto (formerly of K-W) says to keep a pen and paper beside your bed to write down details of your dreams, otherwise you will forget these very soon

Some examples of her interpretations:

Dreaming about...

Flying = desire for spiritual attainment, away from ordinary, mundane life

Street persons = fear of being poor or spending money

Animals being killed = fear of people and the everyday world

4 = wholeness 3 = symbol of conflict 2 = balance (pairs)

Interpretation

- people's views on the value of dreams are often based on their **culture**
- Views on dreams:
- meaningless "psychic housecleaning"
 - important messages from the unconscious mind, which will escalate into nightmares unless the message is received and acted upon
 - what you ate the night before influences them
 - darkness or the occult is involved
 - self-administered psychotherapy is taking place; we are "sorting through and consolidating the events of the day"
 - many scientists believe their research supports that dreams are "electrical noise"; levels of serotonin and norepineperine drop and acetylcholine rises in the brain while we dream, as a result neurons fire in the brainstem and the mind converts this to imagery

Your Dreams

- share and interpret session

Tips on how to wake up to the power of your dreams

These suggestions are from therapist George Slater in his book *Bringing Dreams To Life: Learning To Interpret Your Dreams*. Slater's Web site is: www.dreamfisher.com.

- Before you go to sleep, form the intention of remembering a dream and believe that you can do so. When possible, wake naturally, without an alarm clock. Record any dream image you remember and anything else from the dream that comes to you.
- Keep a pen and notebook within reach so you can record the dream as soon as you wake up. Having the details recorded will allow you to come back to the

dream even after it slips into the unconscious mind.

Slater sets out dream work in four sections:

- **Content:** Ask yourself to identify the setting of the dream, the images, the theme, the action and its outcome and your feelings.
- **Context:** Examine your feelings on waking and think over the events of the previous day. Note particular stresses, needs, problems or emotionally charged life situations.
- **Associations:** Ask yourself four questions: What do the images in the dream make you think of? What is there in your life that is similar to

elements of the dream?

What memories does the dream bring back? How is the dream similar to other dreams you've had or to legends, fairytales or stories you know?

- **Amplification:** Look at parts of the dream that are opposite to your usual conscious position and ask whether they represent repressed attitudes. While you are awake, have a conversation with a character in the dream. Imagine you are any of the individuals or objects in the dream and think how you would feel. If the dream seems incomplete, think of endings you want, or think likely.



Silent Partners

Sleep Clinic

The Stages of Sleep

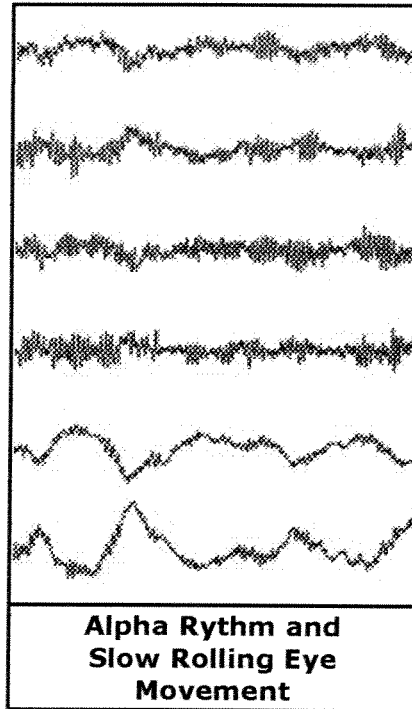
There are several ways of categorizing the stages of sleep. Perhaps the most useful broad division is between Non-REM and REM. However, discussing the transition from Wake to Sleep is also worth discussing.

WAKE

When the patient's eyes are open, their EEG waveform is rapid and fast. The voltage is low. These are called "beta waves".

When the patient closes their eyes and is calm, slower "alpha waves" appear.

During this time, the patient's eyes are moving spontaneously in a slow manner (also known as slow rolling eye movement). Their heart and respiratory rates vary depending on the patient. The patient has spontaneous movements (i.e. changing positions to become comfortable).



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Disclaimer

Non-REM SLEEP

NREM sleep is a time when body and brain behave exactly as you would expect in sleep: most of the muscles relax, body systems take a rest, and the brain waves associated with wakefulness and alertness disappear and are replaced by increasingly slow, deep waves of inactivity.

NREM sleep accounts for an average of about 70% of the total sleep time of a young adult. There are 4 stages of NREM sleep - Stage 1, 2, 3 and 4.

STAGE 1:

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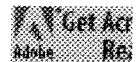


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The transition from wake to sleep occurs within minutes of the onset of slow rolling eye movements.

The patient is less aware of their surroundings than just a few minutes ago. They may be waken by a whisper, or noise. They are relaxed, their breathing is more regular and there is more slow, rolling eye movement noticed. The patient may also have what are known as "hypnagogic experiences" - dream-like sensations of falling, hearing voices, or seeing flashes of pictures.

It takes 5 - 10 minutes to progress to Stage 2. Stage 1 accounts for only about 5% of the total sleep time.

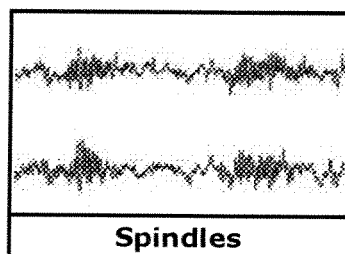
Stage one sleep brain activity is shown as wavy lines of fairly regular small undulations which suggest mental relaxation.

STAGE 2:

Stage two is the first stage of true sleep and accounts for about 50% of total sleep. The patient is even less aware of their surroundings and is characterized by light sleep since individuals are easily aroused from this sleep state.

Stage 1 & 2 are "transitional" stages of sleep. It takes approximately 30 minutes to complete these stages and enter Stage 3.

The waveforms are low voltage and a mixed frequency. This stage is characterized by "spindles and K-Complexes" in the EEG tracings.

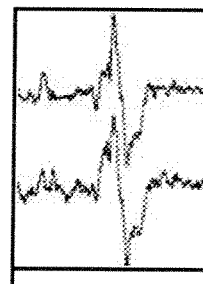


Sleep spindles and K-complexes characterize this sleep stage.

Spindles are small "bursts" of brain activity lasting only a second or two.

A K-Complex can appear spontaneously or in response to a sudden stimulus (usually auditory in nature).

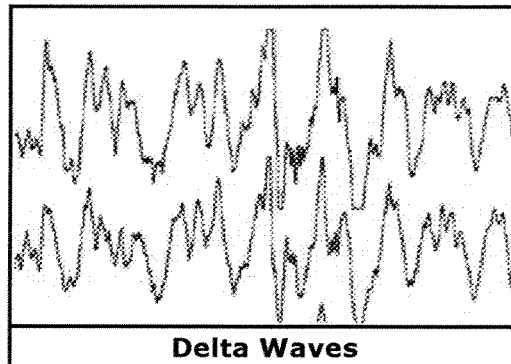
A spindle can be part of the K-complex.



STAGE 3 and 4**K-Complex**

Stages 3 & 4 are also referred as "SLOW WAVE SLEEP".

As the patient is in a very relaxed state, they have a slow, regular heartbeat and respiratory rate. Their muscles are very relaxed. It is very difficult to arouse a patient in "Slow Wave Sleep". If they are awakened, they are confused and slow to react. It is normally easy for them to go back to sleep.



The waveforms are large and the larger the waveform, the deeper the sleep. These waveforms are also known as "Delta Waves".

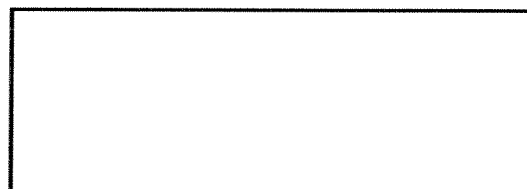
During this time, the growth hormone is secreted. This hormone in children encourages growth. In adults it assists with healing of muscles. The body is believed to carry out most of its repair work.

A healthy young adult spends about 7% of their total sleep time in stage 3 and around 11% in stage 4.

REM (rapid eye movement):

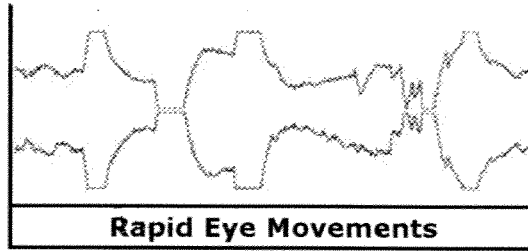
In this stage, the patient's eyes move in a rapid, flickering, twitching motion while their eyelids are closed. The EMG leads are still as the patient is temporarily paralyzed during this stage. This temporary paralysis includes the patient's respiratory muscles, except for the diaphragm. It has been suggested that this paralysis is a clever device that lets the mind explore the realms of its subconscious, while preventing us from acting out dream events. Blood flow to the brain is also increased during this stage of sleep. In children, this may help enable the brain to grow and in adults to repair itself.

The EEG waveforms include "sawtooth waves" and waveforms that have sharp rapid "deflections" (hence the term, Rapid Eye



Movements).

Healthy young adults first experience REM sleep within 90 minutes of sleep of falling asleep. It recurs about every 90 minutes throughout the night and each time it recurs, we spend a little bit longer in this stage.



Sleep Physiology | The Stages of Sleep | Sleep As We Age

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