

# UNIV\*1200\*11: 1/3 Life Spent Eyes Closed

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## Dream Types

There are many different ways that humans can dream. Usually, dreaming occurs during the REM stage of sleep, but can also occur in non-REM. Nightmares are unpleasant dreams that leave you feeling stressed and anxious. These happen during the REM stage, and are more common in young children. Dreams can be present repeatedly, called "recurring" and they could be reflections of our anxieties, or just a warning of something predictive in the future. Black and white dreams exist typically in older adults, which is a relation between what media types they were exposed to at a young age. We can also dream while we are awake in "daydreams," seen as a pleasant distraction from reality.

## Dream Analysis

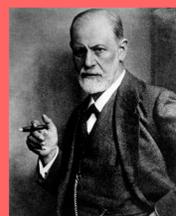
Dream Theme	Analysis of Theme
Falling	Losing Control
Naked	Vulnerability and unwanted exposure
Teeth	Deception or changing
Water	Representation of your unconscious self
Chased	Avoidance
Flying	Freedom
Sex	Both unhappiness and pleasure

## Do you think...?



## Dream Theories

- Freud: repressed emotions, thoughts
- Jung: subconscious processing
- Predictive of future threats
- Improve memory
- Random, no true meaning



## Lucid Dreaming

### What is a Lucid Dream?

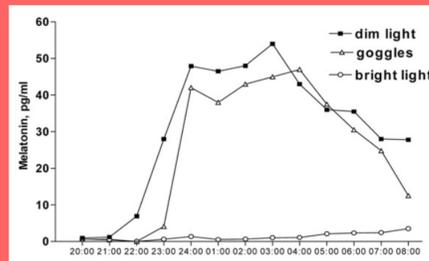
- A dream in which you are aware that you are dreaming.

### How to Lucid Dream:

1. Lucid dreaming inducing masks
2. During the day, perform reality checks so that when you dream you will do said reality checks and realize you are dreaming.
3. Keep a dream journal.



## Blue Light



Our electronics emit blue light which inhibits the body's production of melatonin. Melatonin is the hormone that is responsible for making you drowsy.

### Solutions:

- Blue light goggles
- F.lux (program that filters blue light from electronic screens).

## Sleep Tracker Alarm Clock

### App: "Sleep Cycle Alarm Clock"

#### What are Sleep Cycles?

During sleep, a person goes through sleep cycles of 5 different sleep stages. With each stage, the deepness of sleep increases until a person reaches the fifth stage called REM sleep. A full sleep cycle lasts 90 minutes and is normally repeated several times each night.

#### How Does it Work?

To use this app, you must place your phone on the bed beside you. This app then analyzes your sleep cycle by the movement it senses on your bed. It attempts to wake you up while you are in your lightest stage of sleep (within a 30 minute window of when you need to wake up).



## Sleep Deprivation

Nights without	Symptoms
1	Discomfort
2	Urge to sleep especially between 2 and 4 in the morning
3	Cognitive tasks requiring concentration are seriously impaired, especially if they are repetitive or boring.
4	Periods of micro sleep are unavoidable and the volunteer becomes irritable and confused. The 'hat phenomenon' occurs.
5	Still irritable and confused and may also become delusional.
6	Person becomes depersonalised with a loss of self identity. This is referred to as 'sleep deprivation psychosis.'

The majority of students in this class have gone one night without sleep. However, only 2 of the 18 students have gone two nights without sleep.

## Chronotypes

Characteristics	Larks	Owls
Most Alert	Noon	Around 6 P.M.
Quality of Sleep	Lifelong: sleep more soundly; wake up more refreshed, usually 3.4 hours after temperature minimum, daily low point of body clock.	Lifelong: get less sleep; wake up sleepier, usually 2.5 hours after temperature minimum.
Use of alarm clock	Don't need it.	Need multiple alarms.
Mid-Sleep Time	3:30 A.M.	6 A.M.
Daily caffeine use	Cups	Pots
Mood	Declines throughout the day	Rises substantially over the day.

## Class Chronotypes

